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Republican senator says he is gay

SPECULATION A California state senator who has staunchly opposed homosexual rights now says he is gay, ending days of speculation that began after his arrest last week for investigation of driving under the influence.

Roy Ashburn

Roy Ashburn, 55, a conservative Republican, said he felt compelled to address rumours that he had visited a gay nightclub near the Capitol before his drunken driving arrest.

"I am gay … those are the words that have been so difficult for me for so long," Ashburn told conservative talk show host Inga Barks. THE ASSOCIATED PRESS

Outdoors

Early taste of spring

ANDREW WALLACE/TORSTAR NEWS SERVICE

Two women jog along Humber Bay Park yesterday in Toronto. Temperatures reached 14 C yesterday and the forecast is for more double-digit readings today. More coverage, page 3.

Future is now

Throne speech unveils plans to stimulate higher learning

Having more Ontarians hit the books trumps balancing the books, says Premier Dalton McGuinty.

Despite a record $24.7-billion budget deficit, McGuinty yesterday heralded new spending to boost higher learning by promising 20,000 more people will be enrolled in colleges, universities and apprenticeship programs this September. "We don't want to compromise our future by moving to balance the budget too quickly," the premier said after the Liberals unveiled their agenda for governing through to the October 2011 election.

However, the 20,000 spaces would only address half the demand for places in colleges and universities, said Shelley Melanson, Ontario chair of the Canadian Federation of Students.

Opposition parties derided the throne speech as meaningless rhetoric to Ontarians still struggling with their family finances and bracing for the 13 per cent HST that hits July 1.

Progressive Conservative Leader Tim Hudak said the speech failed to lay down "a path out of recession" and included just 24 words on the province's "crippling" financial situation.

NDP Leader Andrea Horwath said it was "lofty talk and a spiffy new package … but little action."

Dalton McGuinty

TORSTAR NEWS SERVICE

News on the Move

What's this barcode for?
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Learning pgs 16-22

Native studies keep growing

On the web

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Provincial police officer killed in rural gunfight

SHOOTING A provincial police officer was shot and killed yesterday when pulling over a vehicle in rural southwestern Ontario, an incident witnesses said set off a close-range gunfight between the suspect and officers.

Const. Vu Pham, 37, was shot and "immediately incapacitated" after taking the "initiative to intercept" the suspect shortly after 10 a.m., Ontario Provincial Police commissioner Julian Fantino said.

"It is with a sense of loss and deep regret that I'm informing … that we lost officer Pham. He succumbed to his injuries a short while ago at hospital," Fantino said late yesterday afternoon.

The officer was confronted by an armed suspect when he tried to stop the vehicle near Winthrop, about one hour north of London, Fantino said at a news conference earlier yesterday.

The suspect, who was in hospital, is believed to be in his 70s and charges are pending, said Fantino, who added no other officers were injured in the incident. THE CANADIAN PRESS

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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RICK EGLINTON/TORSTAR NEWS SERVICE

Family friends Paul Lewis, left, and Richard Leftley hold pictures of Ken Einboden and his daughter Britney yesterday outside the Hospital for Sick Children. Britney died yesterday, one day after her father died while trying to save her from a house fire.

Grief compounded

Girl dies after father 'gave last breath' to save her

A Toronto girl died at the Hospital for Sick Children yesterday, less than a day after her father died trying to save her and her younger sister from a house fire Sunday.

Britney Einboden, 12, died from massive injuries. A family friend said the nurses at the hospital tried to comfort the young girl in her final hours by braiding her hair.

"Now she's in heaven," said family friend Richard Leftley, who broke into tears as he spoke about the tragedy. "She's going to be missed greatly."

With the death of her eldest daughter and her husband, Britney's mother Jackie, 40, is left to care for her baby Kendra.

Britney's father, Ken Einboden, 44, died while trying to save his daughters from the blaze that destroyed the family home. He "could have saved himself, but he went upstairs to find his daughter," said Toronto Fire acting platoon Chief Greg Milani.

Leftley spoke of his longtime friend's bravery. "Ken gave his last breath to save his daughter," he said.

Jackie has been left penniless, Leftley said. "The clothes that they have on their backs right now are all that they have to their name."

He urged the public to drop off any baby clothes and diapers for the family at the information desk at the Hospital for Sick Children.

The fire started just before 3 p.m. in the kitchen of the home on Kemp Square, a quiet cul-de-sac near Jane Street and Lawrence Avenue, and quickly spread.

Ken, Britney and Kendra were in the house along with a friend of Ken's, who was visiting. The girls' mother, Jackie, was not home. TORSTAR NEWS SERVICE

A lamb of a Monday, but March's lion ready to roar

WEATHER Bare arms, bare shoulders, bare legs and even a few bare toes — Torontonians wasted no time in shedding winter layers for an unseasonably warm March Monday.

As the afternoon temperature hit a balmy 14 C, the fussy hats, scarves and jackets of the cold months were shed as the sunshine-starved turned their faces to the skies.

"I just felt like walking in the sand a little bit," said Rajib Islam, 34, as he strolled shoeless along the beach near Ashbridge's Bay. His friend, Rukshana Shapla, had also shed her socks and footwear.

"I like how it feels," she said.

The two walked down from their downtown homes when they felt the warmth on their faces in the morning. "It is odd to walk without shoes in March," said Islam.

They might have been odd, but they weren't alone.

JOHN R. KENNEDY/FOR METRO TORONTO

Andy Vlak, 28, took advantage of yesterday's warm temperatures and sunshine to go barefoot on the University of Toronto campus.

Bare-legged cyclists whizzed by on the waterfront trail and a few shoeless sunbathers dipped their toes into Lake Ontario.

March may not have come in like a lion, but it's going to roar at us a bit before the first official day of spring, on the 21st. Temperatures are predicted to dip below zero later this week, bringing rain, perhaps even snow. TORSTAR NEWS SERVICE

Pedestrians trapped under truck

ACCIDENT An elderly man and woman struck and trapped underneath a produce truck yesterday are in hospital with serious injuries.

Just before 2 p.m., a truck driving west along Maitland Street was making a left-hand turn onto Yonge Street when it struck the elderly pair, according to Const. Stephen Britles.

One of the victims appeared to be conscious and was wearing an oxygen mask and moving their left arm. An emergency medical official said the two victims in their late 60s, were freed within 15 minutes and rushed to a local trauma centre with serious injuries, one in critical condition.

TORSTAR NEWS SERVICE

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Joey Don Mills, Second Harvest to ladle out donations

Joey Don Mills will team up with Second Harvest tomorrow to donate and distribute homemade beef barley soup to patrons of Flemingdon Park Ministry as part of the Cup of Care program. About 2,600 cups of soup will be distributed. METRO NEWS SERVICES

Expect summit protests: Activists

Canada has betrayed its role as an international leader and can expect protesters to take that message to the streets during the G8 and G20 summits, activists said yesterday.

Stephen Lewis, former ambassador to the UN, said Canada will be showing up empty-handed at the summits in Huntsville and Toronto this June.

Prime Minister Stephen Harper is out of step with other world leaders on foreign aid, climate change and global economic recovery after last week's budget flatlined Canada's contributions until 2014, Lewis said.

"(It) is a reversal of our claim to international leadership," said Lewis. "All of us will have to work 10 times as hard to get Prime Minister Harper and his adjuncts at the table to respond to the human condition."

TONY BOCK/TORSTAR NEWS SERVICE

Gerry Barr, with the aid of a paper Stephen Harper, speaks yesterday at the Metro Convention Centre. The press conference marked the launch of a social justice campaign leading up to the G8 and G20 summits in Toronto and Huntsville this June.

Harper is also breaking a promise to commit 0.7 per cent of Canada's gross national income to help halve world poverty by 2015, Lewis added.

Gerry Barr, president of the Canadian Council on International Co-operation, says currently, Canada is giving less than half that amount.

Canada could have made a tremendous impact on poverty, maternal and child care, HIV-AIDS and climate change, said Lewis, but added with the Harper budget that is highly unlikely to happen.

A spokeswoman for Bev Oda, minister in charge of foreign aid, defended the government.

"In 2010-11 alone, (foreign aid) will increase eight per cent and total annual foreign aid spending will reach $5 billion," said Jessica Fletcher. "This increase brings Canada's total annual foreign aid spending to a record high." THE CANADIAN PRESS

All-day kindergarten spots filling up fast

EDUCATION Full-day kindergarten spots are being snapped up across Greater Toronto, with demand particularly high in a few communities, school boards report.

Ross Virgo, spokesperson for the York Region District School Board, said even though some schools are already oversubscribed, all students will be accommodated where they registered.

"We do not anticipate the need for any displacement of kids," he said, adding one school in Newmarket projected 75 students, but already has 84 enrolled.

In Thornhill, another hot spot, a school with 52 spots has 68 students registered. TORSTAR NEWS SERVICE

Giant colon makes intestinal health learning a gas

HEALTH It's an embarrassing topic for many people. You know, butts and intestines and bowel movements and all that. But when it comes to saving lives by preventing colon cancer, let's face it, there's no such thing as too much information.

To that end, the Colorectal Cancer Association of Canada, in conjunction with government partners, has been taking a "giant colon" on the road to cities across Ontario to educate people about the disease and to promote the need for screening.

After a stop at the Dufferin Mall, the colon will be set up at Queen's Park March 17-18.

At 12 metres long and 2.5 metres high, the pink worm-like structure allows visitors a walk-through view of the inside of a colon, although this one is made of a plasticized material that keeps its shape thanks to compressed air.

CHRIS YOUNG/THE CANADIAN PRESS

Visitors enter the giant colon exhibit, designed to raise awareness for colon cancer checks, last week at the Dufferin Mall.

Once inside, visitors see the stalky, mushroom-like growths called polyps attached to the colon's lining and what they may evolve into if not removed — the dreaded mass of cells that indicates a tumour.

Since January, the exhibit has visited nine Ontario cities, including London, Kingston, and Thunder Bay. Two more stops are planned in the province — in Peterborough and Ottawa/Renfrew.

"It attracts a lot of attention," says Dr. Linda Rabeneck, medical director of Ontario's colorectal screening program.

And that's the whole point, says the gastroenterologist from Sunnybrook Health Sciences Centre in Toronto, who sees too many patients whose newly diagnosed colorectal cancer has already reached an advanced stage. "We hope that they'll be aware that this is an important cancer." THE CANADIAN PRESS

Parents balk at school plan to charge 50 cents for filtered water

FERN AVENUE A handful of parents are questioning a plan by Toronto's public board to put a vending machine in an elementary school, charging students 50 cents for water refills and $1 for flavoured water.

Kids can still refill reusable water bottles at the drinking fountain; the vending machine will provide the same municipal water, but filtered and chilled. The flavoured water is essentially watered-down juice.

"I'm very upset that they're charging kids for (water)," as well as introducing a beverage with sugar — even if it's all-natural — when the school doesn't currently have any vending machines, said Lisa Dooher, who has a son at Fern Avenue Public School.

The $10,000 machine, which is part of a pilot program, was scheduled to be installed at Fern Avenue yesterday, but since parents raised concerns and started a petition, the matter has been slated for Thursday's school council meeting. Area trustee Irene Atkinson said the issue has already been discussed at several council meetings, and she has only heard complaints from two parents. TORSTAR NEWS SERVICE

News in brief

HOMICIDE A 27-year-old man wanted in Durham region's third homicide of the year has surrendered to Oshawa police. Danny Nguyen turned himself in yesterday in connection with a double shooting in Port Perry last Thursday. He is charged with second-degree murder, aggravated assault and possession of a weapon dangerous to the public. THE CANADIAN PRESS

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AbitibiBowater, workers reach tentative deal

AbitibiBowater Inc. has reached a tentative labour contract for the bulk of its unionized workers in Canada, a deal that could help the insolvent newsprint giant to exit from bankruptcy protection later this year. The agreement requires about 4,000 workers to accept wage concessions, which would be used to fund pension contributions. THE CANADIAN PRESS

Canada

Nunavut minister fears federal funding cuts

Nunavut has tabled a balanced budget for this year, but the territorial finance minister is concerned about deficits elsewhere. The Eastern Arctic territory relies on Ottawa for more than 90 per cent of its revenues, and Finance Minister Keith Peterson warns the federal government has cut transfer payments before when trying to balance its books. Peterson says spending on health and housing is already growing faster than both Nunavut's population and its federal funding. Still, the territory is moving ahead with plans to develop its own education system and the arts. THE CANADIAN PRESS

Empty patronage jobs cut

245 symbolic eliminations to save more than $1M: Minister

The federal government has made another round of symbolic and relatively painless austerity cuts, eliminating 245 mostly vacant patronage positions on boards, agencies and tribunals.

Treasury Board president Stockwell Day said eliminating the governor-in-council appointed positions will save "a minimum of just over a million dollars" annually and a maximum of about $1.24 million.

Eliminating about nine per cent of the 2,700 patronage plums on offer will do virtually nothing, however, to improve the government's bottom line next year.

Day said about 90 per cent of the positions being cut are currently unfilled. Many have been vacant for some time.

Day made clear more is coming. He said he has no specific number for how much smaller he wants the public service to be, but noted there is flexibility for cuts. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Treasury Board president Stockwell Day announces cuts to federal agencies yesterday in Ottawa. The federal government is cutting 245 patronage jobs on boards, agencies and tribunals.

Jury dismissed on Day 1 of Air India perjury trial

COURT A B.C. Supreme Court judge has dismissed the jury in the perjury trial of Inderjit Singh Reyat before jurors had a chance to hear any evidence.

Reyat's trial was scheduled to begin yesterday morning, but the start was delayed for several hours, though the reasons for that delay and for the jury's dismissal are banned from publication.

Reyat testified for the Crown at the 2003 trial of two men who were eventually acquitted in the Air India bombing, but an indictment lists 27 instances in which prosecutors allege he lied. A new jury will be chosen at a later date. THE CANADIAN PRESS

Jury selection

- The jury-selection process was rigorous because of the high-profile nature of the Air India case. Eight women and four men were finally chosen.

News in brief

PENSIONS TD Bank says seven-million baby boomers are set to retire in the next two decades, more than one-third of Canada's labour force, and pension reform is needed to prevent many retirees from falling into poverty. THE CANADIAN PRESS

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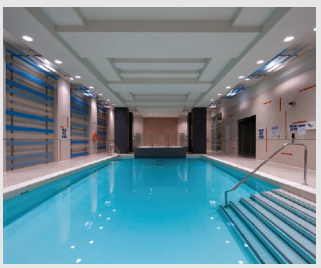
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Kitchener man killed in wrong-way collision on Highway 401

A 40-year-old man from Kitchener is dead following a wrong-way collision on Highway 401. A minivan was going the wrong way in the westbound lanes just after 8:30 p.m. Sunday when it collided head-on with a tractor-trailer. THE CANADIAN PRESS

CSIS Afghan role prompts calls for inquiry

OTTAWA The revelation that Canada's spy agency interrogated captured Taliban fighters raises the spectre of a Canadian rendition program in Afghanistan, opposition critics said yesterday.

Steven Harper

Liberal Leader Michael Ignatieff raised the R-word and quickly backtracked, but NDP Leader Jack Layton categorically asked whether the activities of the Canadian Security Intelligence Service in Afghanistan made it complicit in the torture of battlefield combatants by Afghan authorities. The Liberals and NDP agreed that a report on the shadowy activities of CSIS in Afghanistan makes a full public inquiry into the detainee affair imperative.

Prime Minister Stephen Harper defended Canada's spy agency but did not elaborate on its activities in Afghanistan.

THE CANADIAN PRESS

Palin family medical jaunt prompts ridicule

In '60s, Alaskan clan went to Canada for health care

Sarah Palin's weekend admission that her family once travelled to Canada to receive treatment under the public health-care system she's so often demonized prompted skepticism and ridicule yesterday among her critics in the United States.

"My first five years of life we spent in Skagway, Alaska, right there by Whitehorse," the former Alaska governor said Saturday night during a speech in Calgary.

"Believe it or not — this was in the '60s — we used to hustle on over the border for health care that we would receive in Whitehorse. I remember my brother, he burned his ankle in some little kid accident thing, and my parents had to put him on a train and rush him over to Whitehorse and I think, isn't that kind of ironic now. Zooming over the border, getting health care from Canada."

Always a popular whipping girl among liberal blogs and news sites, Palin was swiftly derided for the comments yesterday as the news reverberated through and beyond the U.S. capital.

A headline on the New York media blog Gawker.com read: "Sarah Palin Supports Government-Run Health Care, Inadvertently Uses 'Ironic' Correctly."

THE ASSOCIATED PRESS PHOTO

Sarah Palin

There were also doubts about the veracity of her story.

In a 2007 report in the Skagway News, Palin said her family travelled south from the town by ferry to Juneau, Alaska, so that her brother could get treatment after burning his foot when jumping through a fire.

One Alaska-based political blog, The Mudflats, wondered — tongue firmly planted in cheek — whether Palin's brother suffered a burned foot on more than one occasion.

An email to Palin officials requesting more information on her family's Whitehorse medical trips wasn't immediately answered yesterday.

THE CANADIAN PRESS

Kazemi trial against Iran in judge's hands

QUEBEC A case pitting the family of slain photojournalist Zahra Kazemi against the Iranian government wrapped up yesterday and is now in the hands of a Quebec judge.

A $17-million lawsuit filed by the family and the Kazemi estate has been authorized, but the Iranian government has been trying to block the suit. Iran argues it benefits from the State Immunity Act. That long-standing federal legislation prohibits civil actions against foreign governments on Canadian soil unless they are of a commercial nature.

Death in 2003

- Zahra Kazemi was an Iranian-Canadian citizen who was beaten, raped and killed in 2003 after being arrested for photographing relatives of detainees outside Evin prison in Tehran.

Quebec Superior Court Justice Robert Mongeon now must decide whether Iran and its officials should benefit from immunity from civil prosecution. He told lawyers they should not expect a decision soon.

THE CANADIAN PRESS

Probe into rights group sought

OTTAWA The NDP wants a parliamentary inquiry into the federally funded Rights and Democracy agency following international outrage.

New Democrat MP Paul Dewar plans to introduce a motion as early as this week at the House of Commons foreign affairs committee.

Rights and Democracy has been in turmoil for months since Conservative appointees faced off with other board members and staff over grants to human rights groups that have been critical of Israel.

Last week, the International Federation for Human Rights denounced "political interference" at the agency. THE CANADIAN PRESS

No purchase necessary. Canadian residents eligible to enter. To enter, log onto www.lindtgoldbunny.ca and correctly answer the questions about the location of the GOLD BUNNY statue. For each of the 20 questions you correctly answer, you will receive one entry into the contest. Contest is from March 1 to April 4, 2010. Chances of winning depend on number of eligible entries. Mathematical skill-testing question required. For full Contest rules, including other ways to enter, see www.lindtgoldbunny.ca.

Greek PM asks for help

Greek Prime Minister George Papandreou yesterday urged the United States and Europe to help as it seeks to address its financial crisis and reform its economy. THE ASSOCIATED PRESS

World

Conference will craft plan for Taliban

Afghan President Hamid Karzai said yesterday that an action plan to reintegrate low- to mid-level insurgent fighters into society and negotiate with the Taliban's top echelon will be crafted at a springtime peace conference aimed at ending the war. Karzai has already extended the government's offer to members of the Taliban who renounce ties to al-Qaida and other terrorist networks and agree to embrace the Afghan constitution.

THE ASSOCIATED PRESS

Seismologists: String of quakes is coincidental

EARTHQUAKES Experts say there is nothing unusual about the latest spate of earthquakes in Haiti, Chile and now Turkey, but their devastation illustrates how growing construction along the world's fault lines can lead to massive casualties. A 6.0-magnitude quake knocked down houses, barns and minarets in eastern Turkey early yesterday, killing 51 people in five villages, the Turkish government said.

THE ASSOCIATED PRESS

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SCANLIFE

Cheaters never win? Not when it comes to nuclear energy, says Nicolas Sarkozy. Scan this code for the story.

Horror in Nigeria

Residents pick up from weekend of religious violence

The killers showed no mercy: They didn't spare women and children, or even a four-day-old baby from their machetes. Yesterday, Nigerian women wailed in the streets as a dump truck carried dozens of bodies past burned-out homes toward a mass grave.

At least 200 Nigerians, most of them Christians, were slaughtered Sunday, according to residents, aid groups and journalists. The local government gave a figure more than twice that amount, but offered no casualty list or other information to substantiate it.

An Associated Press reporter counted 61 corpses, 32 of them children, being buried in the mass grave in the village of Dogo Nahawa yesterday. Other victims would be buried elsewhere. At a local morgue, the bodies of children, including a diaper-clad toddler, were tangled together. One appeared to have been scalped. Others had severed hands and feet.

The horrific violence comes after sectarian killings in this region in January left more than 300 dead, most of them Muslim. Some victims were shoved into sewer pits and communal wells.

Sunday's bloodshed in three mostly Christian villages appeared to be reprisal attacks, said Red Cross spokesman Robin Waubo.

Nigeria is almost evenly split between Muslims in the north and the predominantly Christian south. The recent bloodshed has been happening in central Nigeria, in towns that lie along the country's religious fault line. It is Nigeria's "middle belt," where dozens of ethnic groups vie for control of fertile lands.

THE ASSOCIATED PRESS

Tensions

- The Rev. Pandang Yamsat, the president of a local Christian group, said he has urged his congregation not to respond violently to Muslims. However, he said he believes Muslims in the area want to control the region and that any peace talks would only give Muslims "time to conquer territory with swords."

Egypt **Drop and give me 46**

AMR NABIL/THE ASSOCIATED PRESS

Egyptian Mohammed Ali Zinhom, 25, attempts a new Guinness World Record yesterday for doing push-ups on the two fingers of his right hand in front of the Giza Pyramids. Zinhom recorded 46 push-ups in 49 seconds.

News in brief

MIDDLE EAST Israel and Palestinians agreed to begin indirect American-brokered talks, the U.S. Middle East envoy announced yesterday, ending a 14-month deadlock in peacemaking. The announcement, however, came just hours after Israel enraged Palestinians by announcing new West Bank settlement construction on the same day U.S. Vice-President Joe Biden arrived. THE ASSOCIATED PRESS

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Mayan Riviera 7 Nights 4-Star — $637 + taxes & fees $272
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Jamaica 7 Nights 4-Star — $697 + taxes & fees $268
Holiday Inn Sunspree Resort Montego Bay
Departs Mar 20/nol/5g.

Europe Vacations

London Air + First 2 Nights 3.5-Star — $319 + taxes & fees $395
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Early estimates in Iraq look good for incumbent
Early estimates yesterday predicted a coalition led by Iraqi Prime Minister Nouri al-Maliki would take the lead in the parliamentary election. THE ASSOCIATED PRESS

Jean arrives in Haiti

GG offers message of hope to land of her birth

Haiti Crisis

One minute, Michaëlle Jean walks solemnly through the crumbled ruins of the church in Haiti where she was baptized as a baby. The next, she finds herself leading a boisterous crowd of supporters in a rousing Creole chant.

The two scenes, which played out within moments of each other in the early hours of the Governor General's two-day visit to Haiti, served as vivid examples of the jarring contrasts inherent in Jean's first visit since January's devastating earthquake.

Jean arrived yesterday armed with messages of hope and recovery, but delivered them before a backdrop of abject destruction.

She stepped off the plane in a casual green outfit that looked more military than vice-regal, and was greeted by President Rene Preval before the pair flew by helicopter to the ruins of the presidential palace compound. They landed on the lawn and strolled over to a gazebo, where Preval offered condolences for Canada's losses and for those suffered by Jean herself: Her child's godmother was among those killed in the Jan. 12 disaster.

"Dear Michaëlle Jean, you have come, you have seen, and you will continue to see, that the devastation was immense," Preval said. "But we need to move on … We are grateful to the Canadian people for helping us in that movement."

The catastrophe has provided Haiti with a once-in-a-lifetime opportunity to rebuild, he added.

Addressing the news conference in Creole, Jean said she was struck by all the activity on the bustling streets of Port-au-Prince as the capital lurches back to life. And she said people around the world, particularly in Canada, will continue to care about Haiti.

"I want the Haitian people to know: You are not alone," she said. "What I want you to know is that everywhere in Canada … people are determined to accompany you here as you rebuild." THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean and her husband, Jean-Daniel Lafond, are greeted yesterday by Haitian President Rene Preval, left, in Port-au-Prince. Jean is on a two-day visit to Haiti.

News in brief

BERLIN Germany's justice minister said yesterday that a Vatican secrecy rule has played a role in a "wall of silence" surrounding sexual abuse of children. The Vatican says it wouldn't comment on the criticism from Germany, the homeland of Pope Benedict XVI. Later, Chancellor Angela Merkel praised the German church's effort to respond to a spate of abuse allegations.

U.S. Democrats facing strong headwinds this election season have at least one reason for optimism. A poll has found the party's large African-American voting bloc is eager to stay involved. Between 74 per cent and 80 per cent of polled black adults say they are very likely to vote, according to the poll, conducted by the non-partisan Joint Center for Political and Economic Studies.

THE ASSOCIATED PRESS

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RICK MERCER REPORT
This week, Rick's on thin ice when he rides with the Toronto Police Marine Unit.

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Comment

Conservative vision becomes clear

NationalReport
Lawrence Martin

metronews.ca/nationalreport

We used to knock Stephen Harper's Conservatives for having no vision. The prime minister wasn't one for big words and fancy phrases.

Tom Flanagan, his former top strategist, spoke of incrementalism as being the favoured approach. The Conservatives didn't want to scare Canadians by putting out a muscular policy blueprint that would have them thinking they were in the grip of Republican-styled rednecks.

But four years in, it's become clear that the Conservatives are the party of vision and the Liberals are the party without one.

We couldn't see what the Conservatives were really up to because they kept taking detours. Only a year ago, Harper had party purists up in arms with his Keynesian big-spending approach to fighting the recession. It went against all his former precepts. But governance requires pragmatic detours and most of the detours have been taken — now it's clear what the Conservatives are all about.

They're about law and order, a strong military, smaller government with low tax rates, traditional Anglo-Saxon family values and flag-waving patriotism.

It's classic conservative stuff and a bold departure from the Trudeau-styled liberalism Canadians knew for so long. Progress has been made on all fronts. The crackdown-on-crime bills roll out with regularity. Defence spending has soared and only now will tail off. The GST has gone down two points and other tax reductions have been introduced. Multiculturalism has been curbed. With the emphasis on Arctic sovereignty, the flag has been hoisted in the North and, in this Olympic year, across the country. Last week's budget signals a shutting down of the spending taps that have been open for so long. With a smaller tax base in place, future governments won't have room for welfare-state initiatives.

What we've seen so far is only part of what the Tories have in mind. It's only been four years and it's been done with a minority government.

This idea of Canada — a Canada with stronger right-wing values than ever before — may not be what the majority of Canadians want. But it is coming and it's coming fast. And a big reason is that no strong alternative has been put in place by the Liberals. They are in the grey middle. They have been lurching all over the place without a concrete vision, leaving the people with no attractive option.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Finding a way to make online users pay

InBusiness
Charles Davies

metronews.ca/inbusiness

The past several years haven't been much fun for publishers of newspapers and magazines. Declining circulation and plunging ad revenues have ravaged bottom lines.

Some newspapers have shuttered their print editions and become solely online publications, while other major names have been threatened with shutdowns. Last year, 367 U.S. magazines closed.

At least the decline was an improvement on 2008, when 526 magazines closed for good. Even in Canada, where newspaper readership remains remarkably stable, profits have been pinched and costs (most often in the form of editorial salaries) are being ruthlessly pared.

The aging of the print generation is one reason for the overall decline. But the big problem is the Internet. Every publication has a website and, while they generate some ad revenues, in most cases content is given away.

Publishers are dying to find ways to make the Internet pay, and now they have some measure of just how hard a sell it's going to be. A recent Nielsen Company survey of more than 27,000 consumers in 52 countries found that 85 per cent think Internet content that's now free should stay that way. Why buy the cow when you can get the milk for free, right?

While many would consider paying for certain types of content, newspapers and magazines are a different matter. People are more reluctant to pay for them because their online content has become readily available from multiple sources.

There is, however, a solution for publishers. They can invest in quality content, the kind that's intensively researched, well reported, and diligently edited. Thoughtful and reliable content can give readers depth and understanding they won't necessarily find somewhere else.

There's a reason why people pay for full access to sites like The Economist or the Wall Street Journal. It's because they offer content and analysis that's qualitatively better than most of their competitors' free offerings.

For a generation of Canadian publishers who have operated on the premise that editorial content costs are, at best, a nuisance to be tolerated, this could be a revelation.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

MICHAEL DE ADDER

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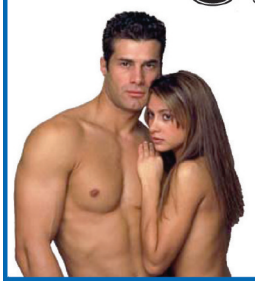
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Centric Health Corp. revenue jumps

Toronto-based Centric Health Corp.'s full-year revenue climbed to $36.6 million in 2009 from $15.8 million a year earlier as revenue in the final quarter nearly tripled, boosted by an acquisition. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

LOONIE The Canadian dollar hit a seven-week high against its American counterpart yesterday as oil prices continued to rise amid signs of global economic improvement. The loonie closed up 0.27 cents at 97.31 cents US, a level it has not seen since hitting a closing high for the year of 97.71 cents US on Jan. 14.

TAKEOVER The Wall Street Journal reports that a British agency is investigating whether Kraft Foods Inc. misled employees and investors about its takeover of chocolate maker Cadbury PLC. The Takeover Panel declined to comment.

METRO NEWS SERVICES

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SCANLIFE

Toyota fires back at a critic who blames electronics for sudden acceleration issue.
Scan this code for the story.

McDonald's **Sales go up**

KEITH SRAKOCIC/THE ASSOCIATED PRESS

McDonald's iconic Big Mac sandwich is displayed at a McDonald's restaurant in North Huntinton, Pa. McDonald's Corp. said yesterday that sales at restaurants open at least one year climbed 4.8 per cent in February on strong overseas growth.

Youth to give boost to housing market

Young Canadians are expected to give a boost to Canada's housing market this year as more of them tie the knot, get full-time jobs, and see those opportunities as major reasons to take the plunge and buy a home.

A new study by the Royal Bank suggests that younger Canadians aged 18-to-24 are about to take the market by storm, with about 15 per cent of those surveyed in that age bracket saying they are very likely to buy, almost double the level recorded in 2009.

It's a marked shift in the attitudes of younger Canadians, who have tightened their budgets over the past few years to cope with tough job markets and a recession.

10 The percentage of the 2,047 people of all ages surveyed for the 17th annual RBC home ownership study who said they plan to buy a home within two years — up from seven per cent two years ago.

The latest survey shows that overall attitudes are changing as more Canadians return to shopping for homes as the economy recovers, even though it's considered a seller's market.

"Confidence in the housing market is back, essentially," RBC senior economist Robert Hogue said yesterday.

Royal Bank said the study found more Canadians are "very likely" to buy a new home in the next two years.

The Canada Mortgage and Housing Corp. said the seasonally adjusted annual rate of housing starts reached 196,700 units in February, an increase from 185,400 in January 2010.

The report showed the gain was concentrated in the multiple starts segment, particularly in Toronto.

Urban starts increased nine per cent to 179,100 units in February. Urban multiple starts increased by 19.1 per cent to 89,900 units, while single urban starts increased by 0.5 per cent.

THE CANADIAN PRESS

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10,000 job cuts planned on Romanian railways
Some 10,000 people will be laid off from the Romanian state railway company as part of cost-cutting measures, with the first 4,700 gone yesterday. THE ASSOCIATED PRESS

WestJet unveils credit card

WestJet Airlines Ltd. has unveiled its long-delayed credit card and frequent flyer programs.

The programs were initially slated to be introduced last June, but were put on hold until kinks in WestJet's new reservation system could be worked out.

The Calgary-based airline is offering two different Royal Bank of Canada-branded MasterCard reward programs, through which cardholders can earn WestJet dollars on purchases.

One offers rewards of 1.5 per cent in WestJet dollars, as well as travel insurance, hotel discounts and upgrades for an annual fee of $79.

Another earns cardholders one per cent back in WestJet dollars for an annual fee of $39.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Calgary-based WestJet Airlines, a rival of Air Canada, now offers credit card and frequent flyer programs.

WestJet, which wants to snatch business customers from rival Air Canada, is also offering a loyalty program for flyers who spend more than $1,500 per year on WestJet flights.

THE CANADIAN PRESS

Ontario Power Generation reports net income of $623M

PROFIT Ontario Power Generation is reporting net income of $623 million for all of 2009 — a sharp increase from the $88 million profit it earned in 2008.

OPG says it increased its earnings from investment funds due to improved global financial markets.

These funds were established to provide for the future costs of OPG's nuclear fixed-asset removal and nuclear waste management liabilities. OPG president and CEO Tom Mitchell says he is pleased to achieve this level of income in the face of "challenging electricity demand conditions."

THE CANADIAN PRESS

INDIGO EXCLUSIVE

Jodi Picoult

Thursday, March 11th, 7pm

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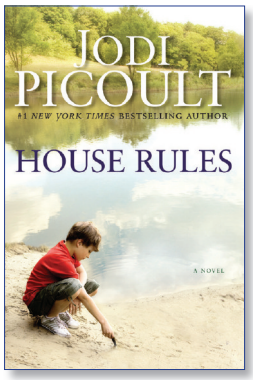

Jodi Picoult is the author of seventeen novels, including *Handle With Care, Change of Heart, Nineteen Minutes*, and *My Sister's Keeper*. Join us as Jodi talks and signs copies of *House Rules*.
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Seizing your tax power

AlisonOnMoney

When I filled out my first tax return (too many years ago to state the number in a national column!), most Canadians did their own taxes — on paper. Today, 52 per cent of us pay someone else to do the annual chore.

Every time you turn over your tax return to someone else you take a big step away from financial control. I know because I once started down that road.

With kids, a career, a marriage — there didn't seem to be enough time; also my return had become more complicated. But with an accountant doing the job I found myself understanding less and less about what was going on with my money. On top of that I was paying other people to make mistakes — and mistakes were made.

More than half of those who pay someone to do their taxes state they don't have the confidence or knowledge to tackle it themselves. However, today's tax software programs are simple to use.

ALISON'S MONEY RULE
Looking for a surefire way to save some money this tax season? Do your own return.

Starting at around $19.99, popular titles include Quick Tax, UFile, HR Block, TurboTax, Cantax and GenuTax. Most offer multiple returns and often unlimited ones for low-income filers. Couples can file together and the programs optimize who should claim a host of deductions from charitable donations through to medical expenses and the transfer of tuition and disability amounts.

Even small business owners and the self-employed can complete their returns easily. For example, use of home deductions are clearly laid out in these programs. You just plug in the number of rooms or percentage floor area plus figures for expenses such as hydro.

You may still end up on the phone with Canada Revenue Agency or with the software publisher (if you've upgraded to phone support) for clarification — it's income tax after all. However, if you take this step you will, as I did, achieve a sense of power over your finances. And I'm a big fan of seizing power when you can.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

On the web

Money Matters: Henry Choo Chong talks about your tax filing options.

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One more reason to hate spam

HEATHER BUCHAN
for Metro Canada

Fraud Prevention

We've all received a forwarded email from a friend, containing a humorous or feel-good message, that asks us to pass it along to 10 others with the promise of "something good happening." And many of us have done it. Seemingly harmless, right?

Not so, says Tim Richardson, an e-commerce professor at Seneca College. This is a typical scam and contributes to identity theft, he says.

"If you pass on a message, what you're doing is allowing the originator of the message to collect all these email addresses, which will then be used to send out spam email," he said.

Spam is one way fraudsters try to obtain personal information, including banking passwords, by sending out mass emails or text messages that appear to come from legitimate businesses. Also known as phishing, many Canadians have been tricked into sharing their social insurance number or credit card information. Typically, the email will claim to be from your bank asking you to update your personal information.

According to the RCMP's anti-fraud squad, instant messaging, social networking sites and video messaging sites also make users more vulnerable to blackmail scams from new virtual "friends." Law enforcement agencies have seen a rise in cases of people being blackmailed by "virtual" friends, who make demands for money.

Protect yourself

- Never provide personal financial information in an email.
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Pickett lands with Als

Former Toronto Argonauts quarterback Cody Pickett has landed a job with the Grey Cup champion Montreal Alouettes. The Als announced yesterday they signed the 29-year-old pivot, who was released last month by the Argos. **TORSTAR NEWS SERVICE**

Sports

McNabb, T.O. team up again

Donovan McNabb will be throwing passes to Terrell Owens again. McNabb, left, and Owens are teaming up on a basketball court instead of a football field in the new season of Spike T's Pros vs. Joes. The episode features NFL players that played U.S. college basketball against former NBA stars. McNabb, Owens and Antonio Gates will face Hakeem Olajuwon, Kenny Smith and Toronto's Rick Fox. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

NHL Bruins centre Marc Savard is on his way home to Boston where he is slated to meet with a concussion specialist after taking a blindside hit from Penguins forward Matt Cooke during a game Sunday. Savard spent the night at his Pittsburgh hotel along with a member of the team's medical staff while the rest of the Bruins travelled to Toronto.

GEAR Reebok says its tipline and $10,000 reward for Sidney Crosby's missing Olympic glove and stick are already paying dividends. Len Rhodes, vice-president and general manager for Reebok Hockey CCM, says the tipline is producing everything from encouraging comments to claims of "potential information."

DRUGS A sports doctor at the centre of drug investigations in Canada and the United States said yesterday he treated Alex Rodriguez after the Yankees slugger had hip surgery last year and prescribed anti-inflammatories but not human growth hormone. Dr. Anthony Galea is facing four charges in Canada related to the drug known as Actovegin.

METRO NEWS SERVICES

m.metronews.ca

ScanLife

With Michael Schumacher facing a tough field, some worry he risks his legacy with an F1 comeback. Scan this code for the story.

No easy fix for head shots

NHL GMs mulling over complex issue at their annual meeting

As more ugly head shots make news, the NHL's 30 general managers are still wrestling with how to handle the issue.

The GMs were presented with an avalanche of information about concussions and various types of checks on the opening day of their annual meeting yesterday, but they seemed no closer to a recommendation that could lead to fewer hits to the head.

And the pressure is mounting. After watching Boston Bruins forward Marc Savard carried from the ice on a stretcher and hearing players start to voice concern, many are looking to the GMs to make some kind of recommendation by the time their meetings wrap up tomorrow.

It won't be easy.

"I hope that we can do something that can help fix part of the problem, but it's not really as cut and dry as a lot of people think," said Carolina Hurricanes GM Jim Rutherford.

JUSTIN K. ALLEN/GETTY IMAGES

Boston Bruins players gather around injured teammate Marc Savard Sunday night.

The managers have discussed the issue several times in the past, including at these meetings a year ago after former NHL Players' Association executives Paul Kelly and Glenn Healy raised it.

VideoOnline

Watch Matt Cooke's hit on Marc Savard at **metronews.ca/sports**

They've yet to find an acceptable way to reduce the head hits while still maintaining the physical nature of the sport.

The GMs will break into smaller groups today to discuss a variety of topics — including head shots — and could come up with a recommendation before going home. Any rule change is subject to the approval of the competition committee and board of governors.

THE CANADIAN PRESS

Glenn Howard bests nephew and New Brunswick teammates

BRIER Glenn Howard won the family battle yesterday at the Tim Hortons Brier.

The Ontario skip improved to 4-0 with a 7-4 win over New Brunswick's James Grattan, whose rink also includes third Steven Howard, Glenn Howard's nephew. The contest was jokingly referred to by some as this year's version of the family picnic.

New Brunswick (2-3) kept it close until the eighth end when Grattan tried for a double takeout but clipped a guard, allowing Ontario to score three.

"Never ever dreamed it would go that way," Glenn Howard said. "I was thinking I'd have to draw to the pin ... that I was going for one. You just never know how it's going to happen. It came out of nowhere."

Manitoba's Jeff Stoughton kept pace with a 6-3 win over Quebec to move into a tie for second at 4-1.

THE CANADIAN PRESS

Roethlisberger hires high-profile lawyer after claim of sexual assault

NFL A high-profile defence attorney hired by Pittsburgh Steelers quarterback Ben Roethlisberger yesterday disputed a college student's claim that the two-time Super Bowl winner sexually assaulted her at a Georgia nightclub.

The 20-year-old told police Roethlisberger, who had been out barhopping with friends, assaulted her early Friday. Roethlisberger has not been charged.

Ben Roethlisberger

"The facts show that there was no criminal activity. No sexual assault occurred," attorney Ed Garland said in a statement yesterday. "Ben is completely innocent of any crime."

Milledgeville police said at a press conference that they expect to interview Roethlisberger in the next several days. They said they have not taken a DNA sample from him but probably will.

Authorities also said the woman has hired an attorney, though they would not identify him or her.

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Houser sued by ex-Saints teammates
New Orleans Saints tight end Jeremy Shockey and former defensive lineman Charles Grant are suing ex-teammate Kevin Houser over investments worth hundreds of thousands of dollars tied to a now-defunct movie studio. THE ASSOCIATED PRESS

Romero 'gets better all the time': Gaston

Toronto manager Cito Gaston thinks Ricky Romero is a much improved pitcher now that he has some experience.

The 25-year-old left-hander pitched three shutout innings, allowing four hits and striking out two in the Blue Jays' 4-1 win over the Houston Astros yesterday.

Romero went 13-9 in 29 starts as a rookie last season. He strained an oblique muscle and missed 24 games early in the year but still pitched 178 innings, second on the team to ace Roy Halladay. With Halladay traded to Philadelphia, the more mature Romero could be the front-runner to take over the No. 1 spot in the rotation.

"He's got experience," Gaston said. "It doesn't matter who you are, you're going to be a little bit nervous when you're pitching in the big leagues for the first time, or playing or going up to this. Now he's got some experience behind him. He's been successful and he just gets better all the time."

ROB CARR/THE ASSOCIATED PRESS

Toronto Blue Jays pitcher Ricky Romero throws to a Houston Astros batter during the second inning of yesterday's spring training game in Kissimmee, Fla. The Blue Jays won 4-1.

J.P. Arencibia hit a solo homer off Houston starter Bud Norris in the first inning, and Lyle Overbay and Brad Emaus had RBI doubles for the Jays off left-handed reliever Tim Byrdak.

Romero allowed 79 walks in 2009, second in the AL. He hasn't allowed a single walk in two starts and five total innings this spring. "He didn't throw a lot of balls, period," Gaston said of yesterday's outing. "He just went out and pitched well here again."

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Dallas 4 Washington 3 (SO)
Columbus at Los Angeles

TODAY'S GAMES
Boston at TORONTO, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Nashville at Atlanta, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Vancouver at Colorado, 9 p.m.
Ottawa at Edmonton, 9 p.m.
Columbus at Anaheim, 10 p.m.

WEDNESDAY'S GAMES
Dallas at Buffalo, 7 p.m.
N.Y. Rangers at New Jersey, 7 p.m.
Carolina at Washington, 7 p.m.
Los Angeles at Chicago, 8:30 p.m.
Vancouver at Phoenix, 10 p.m.

NBA

YESTERDAY'S RESULTS
Cleveland 97 San Antonio 95
Atlanta at New York
New Jersey at Memphis
Dallas at Minnesota
Golden State at New Orleans

TODAY'S GAMES
Miami at Charlotte, 7 p.m.
Philadelphia at Indiana, 7 p.m.
L.A. Clippers at Orlando, 7 p.m.
Houston at Washington, 7 p.m.
Utah at Chicago, 8 p.m.
Boston at Milwaukee, 8 p.m.
Sacramento at Portland, 10 p.m.
TORONTO at L.A. Lakers, 10:30 p.m.

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Roulette is a popular casino game in which players gamble on where a ball will land on a spinning wheel marked with a range of numbers. As long as you play within your limit, the game can be fun, even though the odds are stacked against you picking the winning number. Rate Roulette is a game played by drivers who gamble they will find the lowest rate on their car insurance by sticking with a single insurance company. The difference? Most drivers don't even realize they are playing and gambling with their car insurance rate in the first place, mistakenly figuring they've already picked the lowest rate with their current insurer.

What Are My Chances Of Finding The Lowest Rate?

The odds against you picking the winning number on a single spin of the Roulette wheel are 37 to 1. Sadly, the odds against a driver picking the insurance company with the lowest insurance rate for their profile aren't much better. Why? Because there are over 30 insurance companies to choose from and the rates each of them charge to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

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Rate Comparison

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1 Accident	$1,849	$3,753	$1,904

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SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Movement community driven

Native studies programs first appeared in early '80s and are continuing to grow

RICK McGINNIS
for Metro Canada

Colleges and universities across Canada have been building and expanding native studies programs that allow student a chance to learn about native languages, art and history.

While the idea of native or aboriginal studies began with the birth of identity politics in the '60s, native studies programs didn't hit Canada's academic world until the early '80s, appearing first at Prairie and West Coast universities.

At the University of Calgary, Prof. James Frideres remembers courses in aboriginal education appearing as early as the '70s, before native groups protested and funding was diverted to native colleges, which led to the program languishing for a decade.

It wasn't until the early '90s when new initiatives were built up, and the U of C began groundwork on an undergraduate program, though at this point there were very few qualified teachers with an indigenous background. In the last few years, Frideres notes that "there was a major shift and that there now were a number of indigenous people who had the qualifications, and they began to enter the academy. And now those indigenous scholars have begun to publish their work.

"There's quite a substantial literature that's been built up."

At McMaster University in Hamilton, acting director of indigenous studies Rick Monture remembers the department forming due to the efforts of the First Nations Student Association, a group comprised of mostly Six Nations Mohawk students, and which was ultimately led by Dawn Martin Hill, the program's director, currently on a research sabbatical.

It started with a Mohawk language course in 1992, and grew thanks to the support of native community leaders both in the city and on the Six Nations reserve, just a half-hour away from the campus.

"It was a community-driven movement," Monture recalls.

"The university was supportive, but it was community leaders who pushed forward the idea."

Aboriginal studies at the University of Toronto began in the early '90s, and Eileen Antone, now the program's director, began working there in 1999, working with transitional year students. Like most native studies programs, it hosts a mix of students — non-native students in some programs can vary from 50 to 80 per cent — but native students have the use of a specialized student centre (First Nations House at U of T) and a Centre for Aboriginal Initiatives.

At Simon Fraser University, Prof. Eldon Yellowhorn recalls the First Nations studies program starting with a language course at its Kamloops campus, before a larger program took shape at the Burnaby campus in the late '90s. He's seen graduates move on to law school and archaeology, while Eileen Antone says her students have gone on to teaching and social work, and Rick Monture can cite students now working for NGOs, in indian affairs and land claims offices.

James Frideres recalls his last two cohorts of graduates: "Two have gone to law school, three work for the provincial government, two are in private sector consulting, three people have gone on to master's degrees, and a handful have gone into oil and gas — Shell, Petro Canada and Trans Canada Pipelines," he says. "Five or six have spread out, gone back to reserve, become band managers; two people have gone to banks — the Royal Bank and the Bank of Montreal.

"The end story is that they all are employed, and in a position that utilized the expertise that they gained from the program."

A look at some aboriginal and native studies programs across Canada

Aboriginal and native studies programs vary in size, but many universities across Canada offer some course of study, from graduate programs to courses offered annually or biennially. Most are interdisciplinary, and the following is a quick overview of undergraduate degree programs offered across the country.

- **Simon Fraser University's** First Nations studies program offers everything from a minor in FNS to joint majors with archeology and linguistics to a post-baccalaureate diploma in FNS.
- **The University of British Columbia's** campus is located on the ancestral lands of the Musqueam tribes, and its First Nations studies program offers major and minor studies in conjunction with art history, creative writing and theatre to history, anthropology and linguistics.
- The Faculty of Arts at the **University of Fraser Valley** offers a menu of courses in indigenous studies, as well as a certificate program geared to researching maps, films, rights, and land claims.
- **The University of Victoria's** indigenous studies program offers a BA in conjunction with the faculties of humanities and social studies, as well as a minors undergraduate program.
- **The University of Calgary's** international indigenous studies program offers a more global approach to native studies that students can take up to a bachelor of arts degree.
- **The University of Alberta's** faculty of native studies offers an interdisciplinary BA program in conjunction with other faculties and a certificate in aboriginal governance and partnership.
- **Athabasca University's** centre for world indigenous knowledge and research offers a menu of courses as part of its distance learning program, which can be combined into an undergraduate degree or certificate.
- The department of native studies at the **University of Manitoba** has regular and advanced major programs, the latter of which includes a minor in business.
- **The University of Ottawa** offers both major and minor programs at its aboriginal studies program, as part of the university's faculty of arts, focusing on culture, philosophy and language.
- The indigenous studies program at **McMaster University** offers courses that can be combined with offerings in the social studies and humanities departments in a BA course load, as well as a minors program.
- The **University of Toronto's** aboriginal studies program is associated with the university's faculty of arts, as part of minor, major and specialist degree programs.
- **Trent University's** indigenous studies program offers a flexible BA program, and even includes a year abroad in Thailand.

– RICK McGINNIS
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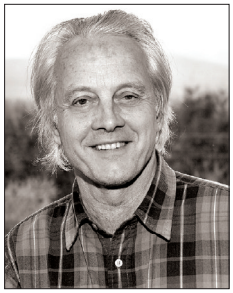
Chair brings native issues to light

RICK McGINNIS
for Metro Canada

Aboriginal studies might be a young field, but its reputation was enhanced recently when Hugh Brody was appointed Canada research chair in aboriginal studies at Fraser Valley University in British Columbia.



Hugh Brody, Canada research chair in aboriginal studies.

British-born and Oxford-educated, Brody became the holder of a position that, strange as it may sound, no academic can either seek or apply for.

Brody is the author of nine books, including Maps & Dreams, The Other Side of Eden and Living Arctic.

He has had an association with Canada that goes back to the 1970s, when he studied land use and native treaty land claims, which has seen him working for both the Canadian government and native groups.

He's also the director of 12 documentary films, the latest of which was the direct fruit of his position at Fraser Valley.

The chair, Brody explains, "gives me access to some resources, but what it does is focus my mind on an issue in Canada. I'm someone who's always been able to do work in Canada, whether it was funded by the government of Canada when I worked for the government directly, or by aboriginal groups when I worked on land claims research through the years."

His position at Fraser Valley, which began in 2004, was announced by the Prime Minister's Office when he was awarded the tier one chair, which is funded by the federal government to the tune of $200,000 annually. The awarding of a chair is something that has to begin with the institution, which applies to the government, in the hopes of attracting scholars or, as Brody explains, "encourage people to return to Canada to pursue their work."

In 1985, Brody co-authored Nineteen Nineteen with Michael Ignatieff, then a much-published academic and now leader of the Liberal Party of Canada. It was a non-fiction screenplay on psycho-analysis that he turned into a movie a year later, starring Colin Firth and Paul Scofield.

His latest film, The Meaning Of Life, is a very different project, about the rehabilitation of Native Canadian convicts at a unique prison in the interior of British Columbia.

Brody says he's just begun showing The Meaning Of Life to native groups and in prisons, and he hopes that it will shed some light on a subject he thinks has been overlooked.

"Aboriginal people are drastically overrepresented in the prison system," Brody says. "This film gives attention to this fact, how it's being addressed, and gives aboriginal people a chance to talk about it."

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for Metro Toronto

It's unclear who's getting a better deal at The Humber Spa — the customers or the staff.

PHOTO SUBMITTED

Humber College's state-of-the-art spa offers in-depth customized facials for a fraction of the price you would pay somewhere else.

Open as of mid-February, Humber's new state-of-the-art spa at its North Campus allows students in the Spa Management program and Massage Therapy program to train on cutting-edge equipment. It gives customers access to a retail boutique, hot stone and aromatherapy massage services, body treatments, facials, chemical peels, manicure/pedicures and medical esthetics treatments with state-of-the-art equipment, at a significantly reduced cost.

"We're not here to make money," says Antonietta Perretta, Humber's spa manager. "We reinvest the money we make from the services back into the products that we use."

With the guidance of Perretta and two full-time industry professionals, the spa is a teaching ground for approximately 20 second-semester students.

"We make sure they pass their testing before they can perform the services," says Perretta. "We also follow the Toronto Public Health best practices guidelines very closely to make sure all the services are being offered in a very hygienic manner."

Different services are offered in different semesters. Currently, the spa is offering manicures, pedicures, paraffin treatments and customized facials.

"They're really quite amazing," says Perretta of the facials. "They go into depth in terms of different skin types and conditions. If you were to have that kind of treatment anywhere else it may cost you $150, but we can offer it for $40."

The spa is not just about teaching students about the services.

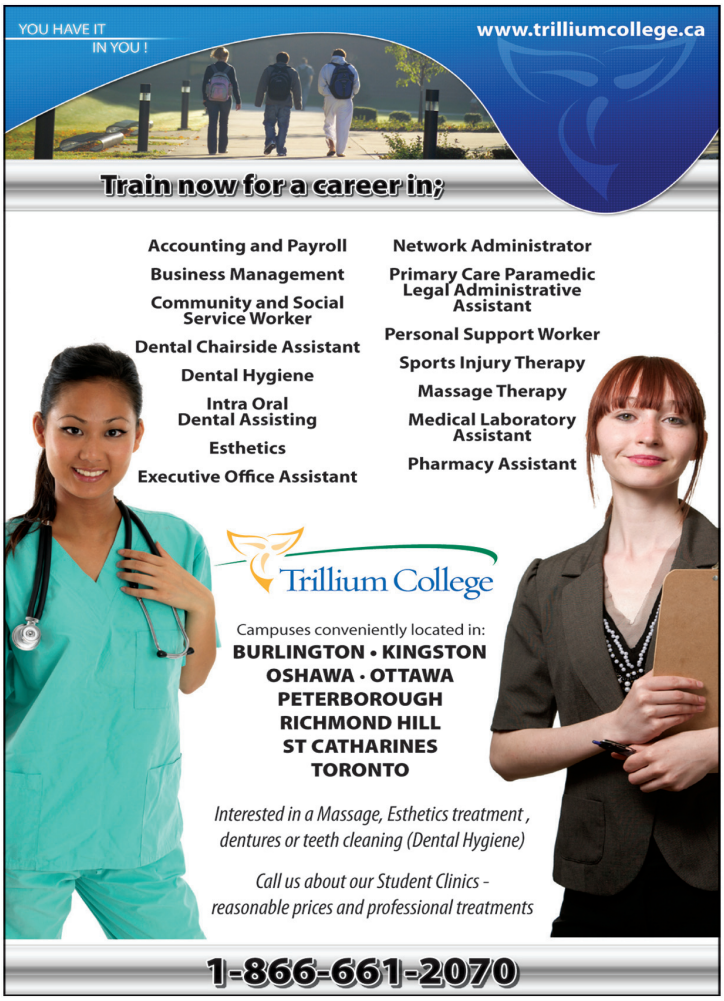
"It's about connecting with your client and meeting their needs," says Joanna Alexopulos, who is enrolled in the program.

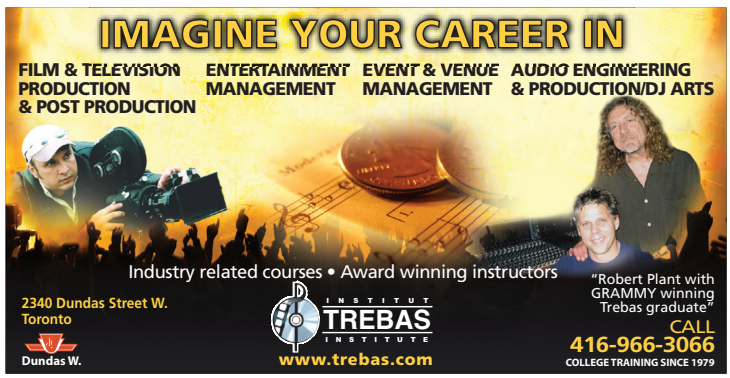
"It's learning the little things like how to manage the front retail area, greeting your clients, booking appointments and running the cash. It's about learning how to manage a group of therapists, timing all your services so your day runs smoothly and helping one another whether it's setting up for the day or cleaning up in between clients."

So as clients benefit from the eager dedication of tomorrow's spa practitioners, students get all the advantages of a real-world setting.

"This is definitely something you can't be taught in class," says Alexopulos. "It's something that you have to experience. And I am so glad that we're given the opportunity to do so by having such an amazing facility to practise in and instructors to guide us.

"Not many people can say that they've had the chance to experience all of this before they even begin their career."





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No glasses required

Sheridan's 3-D game tricks naked human eye

RAFAEL BRUSILOW
for Metro Toronto

From left: Damian Domagala, Ian Howatson and Jonathan Eger put together a hockey helmet.

Seeing pictures and video in 3-D without having to wear those goofy plastic glasses? Believe it, as a team from Sheridan College has created a 3-D game that needs nothing more than your own eyes to see it in three dimensions.

Imagine blasting aliens or watching a sequel to Avatar in beautiful 3-D without having to wear those goofy plastic glasses and you can start to get an idea of the potential of what the Sheridan team has achieved.

The game, called IC3-D, was debuted at the Vancouver 2010 Olympic Winter Games and was commissioned by the province of Ontario to showcase 20 of the province's landmark attractions. In the game, players use a Blackberry to control puzzle pieces of Ontario landmarks in 3-D and are rewarded with a short video clip of the landmark they've put together.

The game works by using a 3-D screen created by Ontario company Spatial View, which includes an overlay that tricks the naked human eye into seeing images in 3-D.

Similar overlay screens could easily be adapted to fit over an iPhone or other video gadgets to make similar glasses-less 3-D viewing possible with the help of a simple software update, said Sheridan web developer Ian Howatson, who worked on the game.

3-D artist Damian Domagala helped create the 3-D look in the game hopes the team's work will lead other developers to consider using the technology for other practical purposes.

"This is a great proof of concept. We can see this being used in advertising, tourist attractions and lots of other applications," Domagala said.

Students, staff and faculty worked together to complete the game in just 12 weeks leading up to its release at the Olympics, and Sheridan College Dean Darren Lawless is proud not only of the end result but in how well everything came together.

"We're demonstrating to the world that this can be done and that Canadians in general can play on the world stage. It's a real-life example where we blended our core faculty, students and the industry to achieve something great," Lawless said.

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Tying Cajun cuisine to Canada

RAFAEL BRUSILOW
for Metro Toronto

It's not often that students get to create and curate a professional museum exhibit, but several University of Toronto students achieved just that by showing that a bowl of gumbo is just as Canadian as maple syrup.

Alicia Cherayil, Erin Offord, Cynthia Roberts and Zella Llerena have created a museum exhibit celebrating the history of Acadian settlers to Louisiana, which created the region's famous Cajun cuisine.

Their exhibit will be showcased at the Southern Food and Beverage Museum in New Orleans in April, a striking achievement for a group of museum studies students and a strong confirmation of the value of their research.

Llerena, 34, and an American citizen, says the goal of the research was to highlight how Cajun cuisine has deep roots in Canadian culture.

"We really wanted to tell the story of the Acadian people and how they became Cajun and how Cajun food has evolved from Nova Scotia. I wanted to do an exhibit that tied Canada to New Orleans and told the story of what it means to be Cajun," Llerena said.

RAFAEL BRUSILOW/FOR METRO TORONTO

Zella Llerena, left, and Alicia Cherayil show off homecooked food. They've created an exhibit celebrating Cajun cuisine.

Acadians were expelled from Nova Scotia by British forces in the mid-1750s when they failed to swear allegiance to Britain, and many settled in southern Louisiana. Over generations, their culture overcame adversity and eventually thrived, creating a cuisine suited to their new home.

"Food is what brings people together and it brought Acadians together when they left Nova Scotia. Through it, they survived the Great Depression and modernization — it's the story of perseverance over everything to create a cuisine that has become a huge industry," Llerena said.

For Cherayil, 27, creating the exhibit was a great chance to put her education to practical use.

"Having the opportunity to have that professional experience is a big step for us. It really gives us the chance to apply our theories outside the classroom. I've learned a lot in the process," Cherayil said.

U of T instructor and Art Centre curator Matthew Brower says the girls have definitely struck a chord with their research not only in Canada, but in the Cajun heartland as well.

"The exhibit is a celebration of that tradition of overcoming adversity and forging something wonderful out of it. It's really a very significant exhibit and it's already generated a lot of interest within the community in New Orleans," said Brower.

Want to help?

- The girls are looking for someone to sponsor their reception in New Orleans, so if you want to help support them, contact U of T's Faculty of Information.

School services help students stay connected

GetSmart

Indigenous culture is at the heart of Canada's history. In fact, "Canada" is derived from Iroquois language for "village" or "settlement." But the influence of First Nations, Métis, and Inuit culture is also an integral part of our present, and our future.

Canadian colleges and universities provide students with the means to recognize and celebrate indigenous history, arts, culture and languages. Most schools have an indigenous student services department; this is a great place to connect with other students. These departments may host a day of dancing or drumming, or have information on events in the area to allow students to find out more and get involved. Many provide counselling and advocacy services, along with significant resources and guest lecturers who cover cultural and political issues.

Mark Solomon, Seneca College's manager of First Peoples@Seneca, says the most important reason to take part in these services offered is "to stay connected to indigenous roots and gain insight and awareness into the indigenous culture."

During the 1960s, an era when many of Ontario's Colleges were being established, Canada's indigenous culture served as inspiration. The founding members of the Board of Governors for Seneca College were inspired by the history of the Seneca Nation, and decided to attribute the name after them. Other colleges, including Mohawk and Algonquin, were also named after the First Nations people who lived in those areas.

There are many ways to be inspired by indigenous culture and gain a better understanding of historical influence. For instance, try browsing galleries and exhibits to view artwork or delve even deeper by taking a course or a program in First Nations culture.

Toronto has a high concentration of First Nations and indigenous peoples: almost 75,000. Take advantage of the diversity that is Toronto; you are guaranteed to find ways to explore the cultures that make it the exciting, multi-ethnic place it has become.

Jacqueline Hansen is a student ambassador at Seneca College.

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Learning Curve is a special feature that focuses on education and student life.

Cemetery brings life to design

Ryerson students' 'The Lotus' wins competition

LEYLA EMORY
for Metro Toronto

For two talented Ryerson students Mount Pleasant Cemetery represents life rather than death.

"As students we are constantly creating, but it's not every day that we get to see our designs come to life," says Katy Atler, a third-year interior design student who won first place, with her partner Jeff Cogliati, Masters of architecture student, in the Mount Pleasant Cemetery Bicycle Rack Design Competition.

The collaboration between Ryerson and the Mount Pleasant Group will come to fruition this summer in the form of "The Lotus," an artistic but also functional bike rack intended to enhance the bicycle-friendly environment of the grounds while integrating with the working cemetery.

"The lotus dates back to ancient times and is symbolic to various cultures," Atler says of the inspiration behind her design. "It represents the continuous cycle of life, the transcendental spirit that carries on beyond death, as well as strength and prosperity.

"This suited the context of Mount Pleasant Cemetery."

PHOTO SUPPLIED

Designs for "The Lotus," a bike rack designed by Ryerson University students Katy Alter and Jeff Cogliati, the will be installed at Mount Pleasant Cemetery this summer.

Atler and Cogliati met throughout the semester, each bringing the benefits of their respective backgrounds to the project.

"We contributed skills that complemented one another throughout the design process. I felt that we were always on the same page in terms of our modifications and overall design direction," she says.

Atler approached Cogliati with the idea to work together on the project after a friend suggested him to her.

"In the early stages of the design, we were working towards creating a bike rack that resembled the wings of a bird or angel," says Cogliati.

"As we progressed through many iterations of the design, we came up with the idea to design the bike rack to resemble the lotus flower. We liked that the lotus flower grows from murky waters into a beautiful entity and we also realized that the form of the pedals could be very functional."

Atler credits Ryerson's interior design program for giving her the tools to create an award-winning piece.

"Through the program, I have been constantly exposed to various aspects of the design world."

Coupled with Cogliati's experience with more large-scale architectural projects the duo was able to put forth a functional yet design savvy concept.

Winning first place in the competition includes a cash prize of $3,000, but both Atler and Cogliati are more excited about seeing their bike rack come into existence.

"I think the best thing about winning this competition is the fact that the bike rack will actually get manufactured," says Cogliati. "It will be exciting to continue to develop the design with Mount Pleasant and see it come to life this summer."

DARIO RUBERTO / RYERSON UNIVERSITY

Katy Atler is part of a duo that won the Mount Pleasant cemetery Bicycle Rack Design Competition.

Cambrian shelves broadcast new media program
Late last month, Cambrian College's board of governors decided to suspend the school's broadcast new media program due to declining enrolment. The college may resurrect the post-graduate program should there be renewed interest in the community. METRO NEWS SERVICES

Workology

PSE budget investment a mixed bag

While many organizations, such as Association of Universities and Colleges of Canada and Polytechnics Canada, welcome the latest federal budget's measures to grow research and innovation in the country, some argue the investments are insufficient. Canadian Association of University Teachers is disappointed to see just $32 million go to tri-council budgets, which executive director James Turk says doesn't begin to make up for last year's cuts. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Luxury lines Don Mills streets

Small Business City

RAFAEL BRUSILOW
for Metro Canada

RAFAAEL BRUSILOW/FOR METRO CANADA

Catering to an upscale crowd, Joey lounge and restaurant's first Ontario location is at Don Mills. At right, a sign points the way to the shops at Don Mills.

Always known for its easy-living atmosphere, Don Mills is working hard to become known as a luxury shopping and dining destination.

The north Toronto neighbourhood that runs from Eglinton to York Mills and Leslie to just past the DVP has seen its business community balloon in the past year with the redevelopment of the Don Mills Centre site into the new Shops at Don Mills luxury shopping mall.

Located at Don Mills and Lawrence, the outdoor mall is built in the style of a small town with its own side streets and town square and has seen mid-to-luxury brand retailers like Tommy Hilfiger, Banana Republic and McEwan flocking to its promise of affluent customers looking to shop away from downtown.

At the trendy Joey restaurant (15 O'Neil Rd), the Don Mills neighbourhood is the first Ontario location out of 19 total across Canada for the successful chain of premium casual dining establishments which started in Calgary in 1992. Joey assistant general manager Andrew Nasr says the company picked Don Mills to open their Ontario incursion because they see it as a neighbourhood that has both short-term potential and long-term promise.

"We're all about opening locations where things will be beneficial 10 years down the road instead of just being a hot area now. My gut tells me this will be a huge destination for people to steer away from downtown and a place where you can get everything you need," Nasr said.

CONT. ON NEXT PAGE>>

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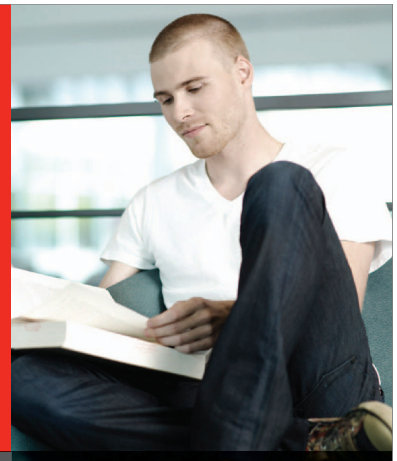

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MacEwan students, staff challenge pool closure

Some Grant MacEwan University students have launched a campaign urging the institution to reverse its decision to close its pool in favour of an expanded fitness centre. One student is organizing rallies and a poster campaign, while another is starting a petition to keep to the pool open. METRO NEWS SERVICES

Fitness first in Don Mills

- Fitness Connection (900 Don Mills Rd.) has been a part of the Don Mills community for 20 years and general manager Steve Karlsson says investing in the community has been a big reason for their longevity. The gym has worked closely with North York Harvest Food Bank and is hoping to expand to other charity work to differentiate itself from younger businesses in the area.
- "One of the things we want to look at doing is to continue to be a part of the community we're in, because we're more of an established member," Karlsson said.

<<CONT. FROM LAST PAGE

Ernest Liu co-owns and manages, together with his wife, their restaurant named after her — Linda (11 Karl Fraser Rd). Liu has 19 years of restaurant experience with his other restaurant, Salad King, near Yonge and Dundas and says Don Mills has already brought a steady stream of mid-to-higher level income clients.

"There's a good cultural mix here and there are a lot more upscale customers here. People dress up for dinner here and their behaviour seems to change compared to downtown," Liu said.

RAFAEL BRUSILOW/FOR METRO CANADA

Ernest Liu and his wife own Linda, a restaurant in Don Mills named after her. Liu is also the owner of Salad King near Ryerson.

While Liu says businesses was beyond expectations last summer, the winter has been much tougher as foot traffic has dropped off sharply compared to what he's used to at his downtown restaurant. He thinks the business community around Don Mills still needs more time to mature before smaller operations will continue rolling in.

"We're quite happy with the area and we're meeting our objectives here but I doubt that many more small business people will come in for now because they would expect a very fast turnaround in a short time and that's just not the case here yet," Liu said.

For Nasr, competition is a great thing as long as the customers continue to come through everyone's doors.

"Competition brings out the best in everybody and the customers here make it easy for us," Nasr said.

Don't miss Spaces and Places!

Don Mills will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

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Workology in brief

UMANITOBA ASKED TO RECONSIDER ALLOWING ISRAELI APARTHEID WEEK EVENTS In a letter sent last month, B'nai Brith Canada asked the University of Manitoba to reconsider its decision to allow Israeli Apartheid Week events on campus this week. Speaking at a news conference last Thursday, the Jewish organization's senior legal counsel stated the events have spread misinformation and hatred on campuses in other cities, and should be banned from universities in Winnipeg. The IAW events will go on as planned, uManitoba president David Barnard wrote in response, stating that the university is committed to academic freedom of thought and expression.

$8 MILLION FOR NWRC STUDENT HOUSING DEVELOPMENT The federal and Saskatchewan governments announced last week a joint $8.4-million investment in North West Regional College's $9.2-million student housing project, which received approval from Meadow Lake city council in January. The project will see three townhouses built to accommodate 94 students and family members in 40 furnished, individual suites.

UWINDSOR INVESTIGATES SUSPECTED CHEATING ON EXAM The University of Windsor's academic integrity office is probing a possible case of cheating on a mid-term psychology test that may result in more than 1,000 students having to rewrite the exam. The office will determine whether or not questions used on the exam were distributed before the test was administered. An e-mail states evidence suggests a test bank was compromised, therefore exam results are deemed invalid and students must retake them.

MCMASTER RELEASES NEW PRESIDENT'S CONTRACT McMaster University has posted online the five-year contract of incoming president Patrick Deane, who begins his term on July 1. Deane will receive an annual salary of $340,000 with a maximum 15 per cent performance bonus (compared to $524,000 for current president Peter George). Perks include a $10,000 annual car allowance, up to six weeks of vacation time, and paid membership at the Hamilton Club. The contract does not include any form of post-retirement benefits or access to McMaster's contributory pension plan, both of which are proving difficult to maintain as the university faces a financial crunch. METRO NEWS SERVICES

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G·R·E·A·T

Age and experience not assured for bosses

As generations continue to mix in the workplace, many older workers are reporting to younger bosses.

A new CareerBuilder survey finds that 43 per cent of workers ages 35 and older said they currently work for someone younger than them. Breaking down age groups, more than half (53 per cent) of workers ages 45 and up said they have a boss younger than them, followed by 69 per cent of workers ages 55 and up.

Occasionally, the younger boss, older worker situation can create challenges. Sixteen per cent of workers ages 25-34 said they find it difficult to take direction from a boss younger than them, while 13 per cent of workers ages 35-44 said the same. Only seven per cent of workers ages 45-54 and five per cent of workers ages 55 and up indicated they had difficulty taking direction from a younger boss.

Workers reported that there are a variety of reasons why working for someone younger than them can be a challenge, including:

- They act like they know more than me when they don't
- They act like they're entitled and didn't earn their position
- They micromanage
- They play favorites with younger workers
- They don't give me enough direction

"As companies emerge from this recession, it is important for employees to work together and move the business forward, regardless of their age," said Rosemary Haefner, vice president of human resources at CareerBuilder. "With so many different age groups present, challenges can arise. Younger and older workers both need to recognize the value that each group brings to the table. By looking past their differences and focusing on their strengths, workers of any age can mutually benefit."

Here are some tips to bridge generational differences at work:

- **Understand others' point of view:** Different generations tend to have differing opinions on a variety of topics, from management style to pop culture. Put yourself in others' shoes to better understand where they're coming from.
- **Adapt your communication:** Younger workers tend to favor communicating frequently using technology, such as email and instant messenger. Older workers may prefer more face-to-face contact. Both parties should take this and other communication differences into consideration when interacting.
- **Keep an open mind:** Try not to make assumptions about those who are of a different age group than you. All workers have different skill sets and strengths, so see what you can learn from others rather than making judgments based on their age.

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Coveted coverup
For 10 years, Cover FX has quietly created a cult following across Canada. The original cream foundation ($39) was crafted to cater to the needs of people with skin disorders but successfully crossed over to beauty, now with more than 30 shades available at Sephora, The Bay and Shoppers Drug Mart. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Face forward on fall runways

LIZA HERZ
for Metro Canada

The major fashion shows aren't just a preview of what we'll be wearing six months from now, they also flash some massive clues about the latest beauty trends.

Think of it as the cosmetic culture's version of a crystal ball, a chance to peer into the future and glimpse the latest looks from the Autumn/Winter 2010/11 collections, as seen on four world runways.

This year, if there's anything conclusive to say about the recent ready-to-wear shows in Europe and New York, it's that we'll still be wearing nude lipstick in September.

Unless of course, we're wearing bright orange lipstick instead.

That's the eternal seesaw of beauty. For every trend, a counterveiling trend.

FRAZER HARRISON/GETTY IMAGES FOR IMG

New York: Michael Angel went green and natural.

1 NEW YORK

Bright spring-like colours were a definite theme on Gotham's runways: Orange lips at Max Azria and Richard Chai, ice blue eye shadow at Jason Wu. Maybelline New York's global makeup artist Charlotte Willer giddily underlined eyes in vivid green for Michael Angel (see Maybelline's Irresistibly Ivy Eye Studio palette, $12), then paired it with a subtle, nude lip colour (Maybelline Color Sensational lipstick in Born with It, $10) dabbed on by finger for a soft, edgeless look.

AMY SUSSMAN/GETTY IMAGES

London: Mulberry modernized a classic '60s look.

2 LONDON

Lush and seductive were the bywords in Londontown. Stained berry lips at Pringle of Scotland, eyeliner lining mouths at Vivienne Westwood. At Mulberry the smoky cat eye added an edge of retro allure to the bright, flirty clothes. Unlike a precise cat-eye rendered in liquid eyeliner, the smoky look is virtually goof-proof because the smudgier it looks the better it looks. Try it with Covergirl's Smoky ShadowBlast in Onyx Smoke ($9).

GIANLUCA ALBERTA RIGAN LUCA ALBERTARI FOTOGRAMMA

Milan: Gianfranco Ferre revved it up with red.

3 MILAN

Nothing gives you more impact for less effort than bright red lips. This attention-getting trend appeared all over Milan: with minimal eye makeup at Gianfranco Ferre; with a smoky cat eye at DSquared; and in an over the top trifecta of red, at Luisa Beccaria, MAC's makeup artists went all out using MAC's Cherry pencil ($15.50), Ruby Woo lipstick ($16.50) and Russian Red lip glass ($16.50). La Dolce Vita indeed.

JACQUES BRINON/AP PHOTO

Paris: Balmain banished full-fledged colour.

4 PARIS

A healthy glow? Mais, non! Pale skin dominated the Paris shows, paired with a defined brow and a soft pink mouth at Nina Ricci, Balmain, and Dries Van Noten. At Balenciaga the girls were as translucent as space aliens with only a soft circle of blush for colour. Get the look with Clarins Cotton Flower Collector Face Palette ($42), a subtle shimmery veil that evens skin tone and adds luminosity

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Mirror, mirror on the wall ...

The J Spot

Poor body image is probably one of the most common obstacles women face when it comes to enjoying sex. It's hard to focus on pleasure when you're holding in your stomach.

But I've always maintained that a less-than-perfect body carried with self-confidence is way hotter than a flawless body carried self-consciously.

If you carry yourself with sexual confidence, no matter what size or shape you are, people buy into it.

It's like advertising — you know that miracle cream isn't really going to erase wrinkles and make you look years younger immediately but, the way they sell it, it's darned convincing.

You are your own best marketing machine

Also, if you put your sexual life on hold until some undetermined time in the future when you'll lose 20 pounds, you are denying yourself pleasure now.

Like my favourite makeover stylists Stacy and Clinton of TLC's What Not to Wear always say, "Buy clothes for the body you have now."

Stop criticizing your body and focus on what you love about it.

It's got you this far in life. It deserves a little appreciation.

Embrace and focus on what is going on between you and your partner, not what's wrong with your body.

"The best way to make your partner feel like you love his or her body is to send out a steady message of acceptance. We tend to slow down the compliments as we get more comfy in a relationship, when they're really most important. "

To help boost your sexual self-confidence and improve your body image, get naked with yourself.

Pour yourself a glass of wine (or two) and strut around your house or apartment when you're alone (probably best to draw the curtains).

And just because guys don't sit around and whine to each other about their saggy thighs — "Oh God, Doug, I just hate my gut." "Oh c'mon Steve, you look great!" — doesn't mean body image isn't an issue for them too.

The best way to make your partner feel like you love his or her body is to send out a steady message of acceptance.

We tend to slow down the compliments as we get more comfy in a relationship, when they're really most important.

No need to lie. Just focus on things you genuinely like about your partner and mention them often.

Help your partner accept the things they don't like by complimenting them and making them realize you're in love with them as an entire package, which means you love the wobbly bits too.

Though you might want to find a better way to phrase it.

Single and senior? Read Josey's blog Sexcetera at metronews.ca to discover an online magazine just for you.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ARE YOU 65 YEARS OF AGE OR OLDER AND DRIVING?

Toronto Rehab is involved in a research study of older drivers with the aim of keeping safe older drivers behind the wheel longer.

We are looking for older drivers with **no memory problems**, to see how they compare to older drivers who have memory problems.

Please call **Linda** to find out more about this study at 416.597.3422 extension 3928 or email lwenofu.Linda@torontorehab.on.ca

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SENECA CHANGES YOU.

Happy Birthday, Botox!
BOTOX, a neurotoxin that decreases muscle activity, was approved to use in Canada 20 years ago this week. The same substance used to treat medical conditions, such as crossed eyes and spasticity, is also injected in smaller doses into crow's feet and wrinkles. METRO NEWS SERVICES

Spring clean your noggin

CELIA MILNE
for Metro Canada

Spring has always been a time to freshen up — wearing brighter colours, losing that winter belly fat, cleaning out your home.

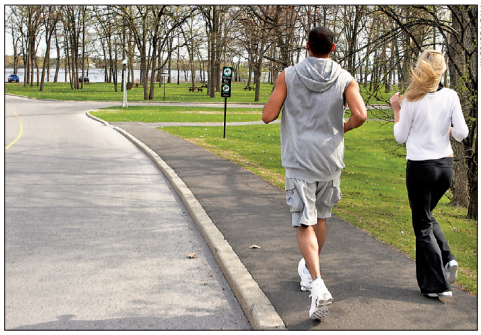
Why not spring-clean your brain while you are at it?

"It is certainly possible to give the brain a tune up," says Dr. Alan Logan, a naturopath and author of The Brain Diet.

The three cornerstones of better brain health are: Good nutrition, regular exercise, and keeping the brain stimulated.

In the realm of nutrition, here are some things to keep in mind. Eat lots of omega-3 fatty acids — which are found in fish, seafood, canola oil, and green leafy vegetables.

They are known to improve mood and cognitive focus. One of the ways they do this is by stimulating the production of a protein in the brain called BDNF, says Logan. BDNF is responsible for regenerating (or tuning-up) the brain cells. Studies of people with depression have found they have low levels of BDNF.


PHOTOS.COM
Exercising outside stimulates your brain and improves mood.

"The three cornerstones of better brain health are: good nutrition, regular exercise, and keeping the brain stimulated."

Another brain-healthy habit is to eat breakfast regularly to help sustain mental energy, says Logan. Avoid foods that are high in sugar, trans-fats and saturated fats.

Look for whole grains breads and cereals, which provide a steady fuel supply and avoid the ups and downs of the sugar roller coaster.

Exercise is also crucial for brain health. Like good nutrition, exercise turns on BDNF production in the brain.

Dr. John Ratey, a Harvard psychiatrist who wrote Spark, the Revolutionary New Science of Exercise and the Brain, has found that exercise supercharges the circuits of the brain and sharpens thinking.

If you can, exercise amidst nature, as has been shown to improve mood even more.

According to Logan, Canadians are 86 per cent more likely to engage in leisure-time physical activity during the summer months versus the winter.

More sunlight (which means more vitamin D), longer days and more exercise may influence the production of the "feel good" brain chemicals, including serotonin.

The third factor in brain health is mental stimulation. Look for ways of challenging your memory and add a variety of brain challenges to your day.

"Doing games, puzzles or simply learning new tasks — as complex as learning a foreign language or as simple as taking alternate routes to work — helps to improve memory and cognitive centres," says Logan.

Tips for a healthy brain

Keeping your brain fit can be fun. And it can also delay Alzheimer's disease and other dementias. Though these conditions may not be on your radar screen at the moment, they are quite common. Alzheimer's disease affects more than half a million Canadians now and that number is expected to rise to 1.3 million in the next 25 years.

Believe it or not, stimulating activities such as playing a musical instrument or learning how to dance can build up a reserve of brain cells. That build-up can help compensate for the breakdown of brain cells later in life.

Here are some brain-boosting tips from the Alzheimer Society of Ontario:

- Walk, swim, garden. Exercise daily for at least 30 minutes. Vary your routine as much as possible.
- Volunteer for a group activity: Try a soup kitchen or another charity. Or volunteer to lead a social committee at work.
- Spend time with children, as this is energizing.
- Eat more foods high in antioxidants, fibre and omega-3 fatty acids such as berries, leafy greens and fish. Green tea and moderate amounts of wine and coffee also fuel the brain.
- Reduce your stress. Set aside time for yourself and indulge in your favourite activity.
- Learn something new. New media such as Facebook will keep your brain active and socially connected at the same time. Or take a course at your local community centre.

CELIA MILNE/METRO CANADA

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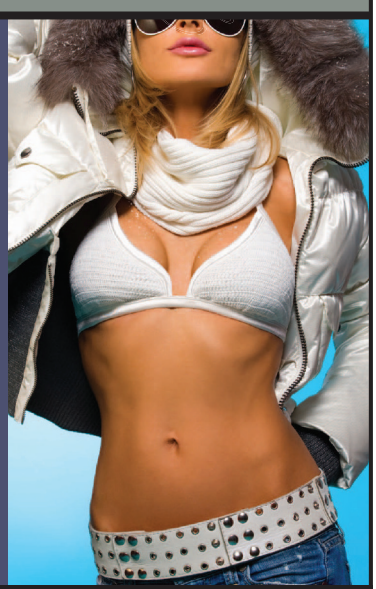

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Getting into bed 30 minutes before your regular bedtime allows your body and mind to wind down.

Be a super sleeper

ROMINA MCGUINNESS
for Metro World News

Don't quite reach out for those sleeping pills yet.

A good nights' sleep may seem like a far-fetched idea, especially when you try and fit those precious hours of recovery into a tight schedule.

Metro gets top tips and advice from sleeping coach Nick Littlehales, who helps celebrities and athletes optimize their beauty sleep.

THE RULES OF SLEEP

CONSISTENT SLEEP-WAKE ROUTINE

Natural sleep periods are in the afternoon and evening. Today, all sleep occurs at night, putting us under pressure to maximize every minute of every hour. The average person's optimum sleep time is 7.5 hours a night — your wake time will determine optimum sleep time so if you get out of bed at 6.30 am you would need to be in bed for 11 p.m.

REGULAR BREAKS

Most people are desk bound and don't stop for breaks. Taking short five minute breaks throughout the day where you leave your work environment will allow for a moment of solitude will help mental recovery essential for sleep.

HEALTHY DIET

Stimulate your body by balancing your food and fluid intake. Eat breakfast (yogurt, cereal or porridge), a mid-morning snack, lunch, an afternoon snack and dinner (avoid foods that are slow to digest).

Avoid caffeine from lunchtime onwards as it remains in the system for a while. All food and fluid intake should be over three to four hours prior to sleep.

EXERCISE

We are healthier and generally more active than we used to be in the past. If you choose to go the gym after work, then plan you routine around this — have your main meal at lunch and a light meal for dinner. Early evening cardio vascular exercise can actually promote sleep, but we are talking about a light jog or gym session, which doesn't go past eight or nine o'clock in the evening.

THE FINAL COUNTDOWN

DOWN NOT UP

Do things that are non-stimulating both mentally and physically 1.5 hours prior to sleep such as watching TV, reading a book or doing light yoga or Pilates exercises.

DE-CLUTTER YOUR WORLD AT HOME

People who have tidied their bedroom, done the dishes or simply put things away before going to bed have a 60 per cent better chance of being mentally comfortable when sleeping.

If things are left to do, the brain will be thinking about the fact those chores will have to be done the next day.

REMOVE ALL APPS

Communication tools are stimulating and will disturb sleep if kept by the bed.

SLEEP SANCTUARY

The bedroom should be treated as a sanctuary, a place you got o when you are going to sleep.

The more you educate the brain to think of it as such, the easier it will be to fall asleep.

Get into bed 30 minutes before sleep time, curl up and allow the process to kick in.

KEEP COOL

A cool bedroom temperature and cool bed linen are great sleep triggers.

If you go into a cool bed, your natural body heat will warm up the bed anyway and allow the sleep cycle to kick in.

A hot bedroom and bed is counter-productive for sleep.

The best is to have a quick warm shower before going into bed in order to raise body temperature.

www.sleepathlete.com

Top 3 sleep superfoods

Celebrity fitness trainer James Duigan gives Metro his top sleep-inducing foods

- **TURKEY**
Contains the essential amino acid tryptophan, a natural sedative. Tryptophan produces the B vitamin niacin that helps the body produce serotonin, a powerful chemical that behaves as a calming agent on the brain and helps us fall asleep.

- **WARM MILK**
Whether this is a psychological thing or not, a glass of warm milk is really soothing before bed.

- **BROWN RICE**
Its high carbohydrate content makes it a good choice for dinner. The fact it isn't as rich in wheat or gluten than white rice is even better.

ROMINA MCGUINNESS/ METRO WORLD NEWS

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Food and rock 'n' roll

Staring April 1, check out Food Network Canada's brand new Canadian series, Bitchin' Kitchen. It explores delicious recipes for life and love with a twisted sense of humour and a rock 'n' roll edge. The host is Nadia G. METRO NEWS SERVICES

Food

The survey says... more organic

Expect to see more organic produce and locally sourced food on Canadian restaurant menus, a survey of professional chefs reveals. Conducted by the Canadian Restaurant and Foodservices Association, the survey of close to 400 chefs took place in January and February by BrandSpark International, a Canadian market research firm. The top menu trends across the country as identified by the chefs include sustainability, artisanal cheeses, simplicity and back to the basics, nutrition and healthy cuisine. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Pan poached salmon

End on a sweet note with lemon cupcakes

Poached Salmon with Salsa Verde

PREP: 10 MINUTES
COOK: 10 MINUTES
MAKES: 4 SERVINGS

INGREDIENTS:

- 1 each onion and rib celery, thinly sliced
- 3 thin slices lemon
- 4 sprigs fresh parsley
- ½ tsp (2 mL) each salt and peppercorns
- 4 skin-on salmon fillets (each 6 oz/175 g)
- Lemon wedges

Salsa Verde:

- ⅓ cup (75 mL) fresh bread crumbs
- 3 Tbsp (45 mL) red wine vinegar
- 1 hard-cooked egg, coarsely chopped
- 1 bunch fresh parsley, stemmed
- 2 Tbsp (25 mL) capers
- 2 anchovy fillets
- 1 clove garlic
- ¼ cup (50 mL) extra-virgin olive oil

METHOD:

1. In wide low pan large enough to hold fish in single layer, bring 3 cups (750 mL) water, onion, celery, lemon, parsley, salt and peppercorns to boil. Cover, reduce heat and simmer for 5 minutes.

2. Add fish; poach just below simmer, covered, just until salmon flakes easily when tested, 5 to 7 minutes. With slotted spatula, transfer fish to plates; remove skin.

3. **Salsa verde:** Meanwhile, soak bread crumbs in vinegar for 5 minutes; transfer to food processor. Add egg, parsley, capers, anchovies and garlic; chop finely. With motor running, drizzle in oil and 3 tbsp (50 mL) of the cooking liquid. Serve with salmon. Garnish with lemon wedges.

Poached Salmon with Salsa Verde.

Lemon Cupcakes with Chocolate Icing

PREP: 15 MINUTES
COOK: 20 MINUTES
MAKES: 12 CUPCAKES

INGREDIENTS:

- 1 cup (250 mL) granulated sugar
- 4 tsp (20 mL) grated lemon rind
- ½ cup (125 mL) unsalted butter, softened
- 4 eggs
- 2 Tbsp (25 mL) lemon juice
- ¾ cup (175 mL) sifted cake-and-pastry flour
- ¾ cup (175 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- ¼ tsp (1 mL) baking soda
- Pinch salt
- ½ cup (125 mL) milk

Chocolate icing:

- ½ cup (125 mL) unsalted butter, softened
- 1¼ cups (300 mL) icing sugar
- Pinch salt
- 2 oz (60 g) unsweetened chocolate, melted and cooled
- 2 tsp (10 mL) hot water

METHOD:

1. In small bowl and using fingers, rub sugar with lemon rind until fragrant.

2. In large bowl, beat butter until light and pale, about 2 minutes. Beat in lemon sugar, 1/4 cup (50 mL) at a time and beating for 30 seconds after each, until fully incorporated, about 5 minutes total. Beat in eggs, 1 at a time, beating well after each (mixture will be runny). Beat in lemon juice.

3. In separate bowl, whisk together cake-and-pastry flour, all-purpose flour, baking powder, baking soda and salt; sift into butter mixture alternately with milk, making 4 additions of dry ingredients and 3 of milk (batter will look curdled). Scrape into 12 paper-lined or greased muffin cups.

4. Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 20 minutes. Let cool in pans on racks for 10 minutes. Turn out onto racks; let cool completely.

5. Chocolate Icing: In bowl, beat together butter, icing sugar and salt until fluffy; beat in chocolate. Beat in hot water until fluffy. Spread over cupcakes.

Lemon Cupcakes with Chocolate Icing.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com

Celebrity chef McEwan

Entrepreneur talks about his road to success

Mark McEwan can take the heat.

The 52-year-old celebrity chef and entrepreneur is a veteran of the tough restaurant business in Toronto. He got his start in hotel kitchens before opening a series of restaurants, including Pronto, North 44, Marketta, Terra, Bymark and recently, One, described as Toronto's only five-star restaurant.

Last summer, he opened a $6 million, gourmet food supermarket at The Shops at Don Mills. He has his own line of takeout products and cookware. His hectic catering business is in the spotlight on the TV reality show The Heat.

The Toronto Star chatted with McEwan on his success.

Chef Mark McEwan is in the spotlight on TV reality show The Heat.

Q You have helmed some of Toronto's most successful restaurants. What's the crucial difference between a short-lived restaurant and a keeper like North 44 (1990 to present)?

A The interesting part about the restaurant business is that a lot of people can become chefs and restaurant owners without a lot of knowledge about the restaurant business itself. You need to understand what a profit and loss statement is and how it works. You can't just be a chef or a sommelier. I've always been good with money and numbers.

Q Is it not enough to be able to cook well? Why do some chefs fail in business, despite their celebrity?

A School for being a chef is really a basic curriculum. You have to have a business side or someone managing the business for you. Otherwise, it will go sideways.

TORSTAR NEWS SERVICE

LiquidAssets

metronews.ca/liquidassets

Cheap vinos

As the economy shuffles its way back to some form of normalcy the one thing many of you have kept as a souvenir from the last year or so is a new found appreciation for cheap wine.

I know what you're thinking. Hasn't there always been a market for true "table" wines? Sure, but what our latest financial catastrophe happened to coincide with was the arrival of some really decent under $10 juice at national liquor stores.

And I'm not talking blended in Canada type stuff. The abundance of quality fruit being produced in Argentina, Chile, Australia and the U.S. has meant that for once there's actual variety when you head down to the bargain basement.

California's Gray Fox Vineyards' wines are a good example of inexpensive consistency. Its creamy **2008 Chardonnay** ($6.95 - $9.99) is all about upfront tropical fruit that will cozy up nicely to roast chicken and simple shellfish-based dishes.

If you like your reds full-bodied the **2008 Cabernet Sauvignon** ($7.95 - $9.99) may be too light for you. Its soft raspberry and sweet cherry flavours do make it an ideal summer quaffer (with barbecue written all over it) or one to entice white wine drinkers to the dark side.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Egg-shaped treats

With Easter just around the corner, Nestlé Canada has introduced three of their most popular brands — Aero, Rolo and Turtle —in the shape of an egg. Available at all major retail locations ($0.99 – $1.25). METRO NEWS SERVICES

My the best cupcake win

CONTEST Cupcake queens (and kings), here's a chance to feed your fantasies and show off your skills.

For the Love of Cake, a Liberty Village bakery, is hosting its first Iron Cupcake challenge next Sunday (March 14).

In honour of St. Patrick's Day, the "secret ingredient" is beer and the theme is green. Cupcakes are prepared ahead and judged on presentation, taste and creativity. Amateurs and pros alike are invited to compete.

There's a $15 entry fee. The winner gets gift certificates and the thrill of having his or her cupcake featured in the bakery.

Visitors pay a $5 cover charge, and can sample the goodies and vote for the people's choice award.

For details, check forth-eloveofcake.ca or call 416-306-6446.

Iron Cupcake was started by Milwaukee's Sandy Ploy, who blogs on the site No One Puts Cupcake in a Corner (ironcupcakemilwaukee.com). Bakeries hold the challenges once a month.

The idea is branching out across North America and even into Europe.

TORSTAR NEWS SERVICE

Food in brief

SAFETY TIPS Here are some tips to help get kids become familiar with the kitchen and cooking:

• Before starting, take children on a "safety tour" of the kitchen to explain to them what they can't touch.

• Store some of the ingredients your kids are most likely to use on lower shelves in the fridge and cupboards.

• Teach little chefs to wash their hands before and after meal prep and several times during the process.

• Spills must be cleaned up, especially if they are on the floor and present the danger of slipping and falling.

Source: Food Network Canada.

THE CANADIAN PRESS

A perfect spring pairing

Asparagus with browned butter and pork tenderloin

The same natural chemistry that makes asparagus so notoriously hard to pair with wines also gives it a fresh grassy flavour that makes it an excellent match for so many foods.

Sweet foods, such as succulent scallops or shrimp, go well with the earthy green flavours of springs' most famous sprout. But so do salty ingredients, such as bacon, prosciutto or a pungent blue cheese.

Asparagus and nuts also marry well. This recipe pairs the vegetable with the sweetness of slivered almonds cooked in butter until both are golden brown. It pairs nicely with prosciutto-wrapped pork tenderloin, the sauce for which continues the almond theme.

Asparagus with Browned Butter and Sliced Almonds served with Prosciutto-Wrapped Pork Tenderloin With Port-Almond Veloute.

Asparagus With Browned Butter and Sliced Almonds

START TO FINISH: 20 MINUTES
MAKES 8 SERVINGS

INGREDIENTS:

• 1 kg (2 lb) thin, green asparagus, woody stems trimmed
• 75 ml (5 Tbsp) butter
• 125 ml (1/2 cup) sliced almonds
• Salt, to taste

METHOD:

1. In a large skillet over medium-high, bring 2.5 cm (1 inch) of lightly salted water to a boil. Add asparagus and simmer, uncovered, until tender, about 4 minutes depending on the size of the spears. Drain and transfer to a serving plate. Cover with foil to keep warm.

2. Return skillet to medium-high heat and add butter. When melted, add almonds and cook, stirring often, until butter is dark brown and almonds are golden. Season with salt.

3. To serve, spoon almonds and browned butter over asparagus.

Prosciutto-Wrapped Pork Tenderloin With Port-Almond Veloute

START TO FINISH: 40 MINUTES
MAKES 8 SERVINGS

INGREDIENTS:

• 90 ml (6 Tbsp) butter, divided
• 60 ml (4 Tbsp) all-purpose flour
• 750 ml (3 cups) chicken broth, divided
• Salt and ground black pepper, to taste
• 2 shallots, thinly sliced
• 50 ml (1/4 cup) sliced almonds
• 60 ml (2 oz) port wine
• 2 pork tenderloins (about 1 kg/2 lb total), cut into 8 thick medallions
• 4 slices prosciutto, halved lengthwise
• 30 ml (2 Tbsp) canola oil

Salty ingredients are a great match for asparagus

METHOD:

1. Heat oven to 200 C (400 F).

2. In a medium saucepan over medium-high, melt 60 ml (4 tbsp) of the butter. Cook until lightly browned, then add flour. Cook, stirring often, until mixture forms a thick, lightly browned paste (roux).

3. Add 500 ml (2 cups) of the broth, then reduce heat to medium-low and cook for 30 minutes, stirring often. Season with salt and pepper.

4. Meanwhile, in a saute pan over medium-low, melt remaining 30 ml (2 tbsp) butter. Add shallots and saute until translucent, then add almonds and cook for 5 minutes. Add port and stir, scraping bottom of pan to deglaze it.

5. Add thickened roux to shallots and almonds, mixing well. The sauce will be quite thick. Add remaining 250 ml (1 cup) chicken broth to thin as desired. Cover and set aside.

6. Wrap each pork medallion in a strip of prosciutto. Season with salt and pepper.

7. In an oven-safe saute pan over medium-high, heat canola oil. Add wrapped pork medallions and sear tops and bottoms until nicely browned. Place pan in oven to cook for another eight minutes.

8. To serve, spoon port-almond sauce onto plates and place a pork medallion over it.

Source: Recipe by Ryan King. THE ASSOCIATED PRESS

Kids' classes show them how to prepare 'real' food

CLASSES The March break cooking classes for kids at a Niagara-area culinary school aren't simply to keep the little sous-chefs occupied. They are also designed to introduce them to real food, says one of the teachers.

"We are doing this to get kids comfortable in the kitchen, to understand basic culinary skills and to understand where food comes from," says Patrick Engel, executive chef of the Good Earth Cooking School in Grimsby, Ont.

He and Isa DiIorio, a chef instructor at the school, will be joined by several local chefs to make sure the ratio is one teacher to every two children so that they receive the attention they need, he says.

There will be two classes for children aged seven to 12 and two others for teens aged 13 to 17. Many other cooking schools across the country will also be holding sessions for children during March break. Check within your community for details.

For more information on The Good Earth Cooking and School & Food Co., visit goodearthcooking.com.

THE CANADIAN PRESS

Barker gets DJ Am tattoo
Travis Barker showed off his new tattoo, which honours his longtime friend, the late DJ AM. Barker posted a photo of the thigh tattoo on his Twitter account and tweeted, "Finished my AM tattoo last night." POPEATER.CA

Entertainment

Dance partner
Brooke Burke is set to co-host Dancing With the Stars alongside Tom Bergeron, it was announced yesterday. Burke will replace Samantha Harris, who said in January that she was leaving the show. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

The next big thing

Canadian Music Week shines light on up-and-coming acts

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

There's one thing you'll notice as you walk the streets of Toronto during Canadian Music Week this weekend — hundreds of music fans squinting at their schedules, making sure they haven't planned to see two bands in the same time slot.

With more than 700 acts, many worth seeing, scheduling in advance is the only way to avoid getting lost. So, with that in mind, here are a few artists you have to pencil in.

Hannah Georgas (Friday at 10 p.m., Drake Underground, 1150 Queen St. W.)

You probably haven't heard of Vancouver singer-songwriter Hannah Georgas, but it won't be long until her name is uttered in the same breath as Feist and Emily Haines. Georgas, whose song You've Got a Place Called Home was featured in a Walmart commercial, doesn't sound like the those artists, but her infectious indie rock sounds are just as confident and mature. Her delicate voice, coupled with her brand of edgy pop is a must-see.

Ghostkeeper (Thursday at 11 p.m., Bread and Circus, 299 Augusta Ave.)

It's not every day you hear a band that combines old-timey folk, blues and noise pop, which is precisely why this Calgary foursome is on a lot of people's CMW lists. The band is difficult to describe — their debut disc starts off with an acoustic White Stripes-like blues tune, but ends up veering off into distorted blasts of weird rock. It's intriguing and unusual, but catchy and accessible too.

Handsome Furs (Friday at 1 a.m., El Mocambo, 464 Spadina Ave)

This husband and wife duo don't need any more press, but it bears repeating — Montreal's Handsome Furs are easily one of Canada's best acts. Led by Dan Boeckner, one of Wolf Parade's vocalists, the band combine Springsteen-like songwriting with electro fuzz, wailing guitars and frighteningly intense energy. Live shows are notoriously wild — it's easy to forget that there are just two people on stage — and you'll be singing the songs long after the gig ends.

Postdata (Saturday at 8 p.m., The Rivoli, 334 Queen St. W.)

If you like haunting melodies and soft acoustics with an East Cost sensibility, then you have to see Halifax's Postdata. It's actually a new project from Paul Murphy, Wintersleep's frontman, but I'd argue that it's far better than anything he's put out with his band. His debut disc is littered with bright, inspiring vocals over-top quiet finger-picked guitars and droney keys. Check this out before he returns to his day job.

Rural Alberta Advantage (Saturday at 9:45 p.m., Royal York Hotel, 100 Front St. W.)

There are many, many fantastic Ontario acts to see during CMW, but if you're going to see one band from Canada's most populous province, make it the Rural Alberta Advantage. The group — whose singer hails from Fort McMurray and sings about Alberta — is based in Toronto and caught a break when one of their tunes was featured on eMusic. Now, people can't get enough of this trio. The straight-up indie rock is filled with countless hooks and wild percussion, while even big city dwellers can relate to the songs about small-town Canada.

Hannah Georgas plays The Drake Underground on Friday.

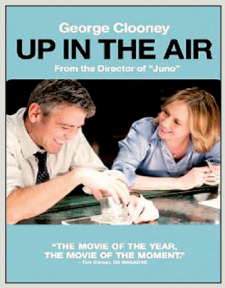
For more on Canadian Music Week visit cmw.net

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

Up in the Air

Directors: Jason Reitman



GEORGE CLOONEY HAS never seemed more vulnerable or more in tune with a role than he does as corporate downsizer Ryan Bingham, a high-flying Grim Reaper for recessionary times.

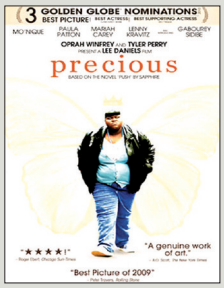
This isn't the grinning matinee idol of the Ocean's 11 movies or countless magazine fronts, trading on his looks rather than his talent. Clooney puts flesh and blood into his paradoxical portrayal of Bingham, a hitman with a conscience, and the story obviously matters to him as much as it does to director Jason Reitman. Together they are asking how America, a land of boundless optimism and promise, could be reduced to finding more efficient ways to think smaller.

Hovering above the clouds, Bingham literally floats through life. This thoughtfully entertaining film represents a quantum leap for Clooney, who has never been better, or funnier.

Bingham may have met his match in two women, one he knows casually and the other professionally. There's Alex (Vera Farmiga), another perpetual road warrior who shares his delight with high-end travel and hotel sex. Then there's Natalie (Anna Kendrick), a new hire at Bingham's Omaha downsizing firm whose last name "Keener" says it all. She has a plan to slash the company's travel budget by firing people via Internet chats.

Precious

Directors: Lee Daniels



PRECIOUS IS RELENTLESS. Set in the bleak Harlem of 1987, it's unyielding in the appalling ills it heaps upon Claireece (Precious) Jones, an illiterate and morbidly obese 16-year-old who wouldn't know good luck if it smacked her in the head.

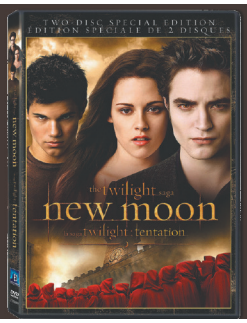
Played with astonished grace by newcomer Gabourey Sidibe, the teen uses silence and surliness to shut out the world. But she can't hide the shocking fact of her condition: she's pregnant for the second time, again the result of rape by her own father. She's about to be kicked out of school, allegedly for being a classroom disruption — although she's the one who must bear the cruel taunts of her classmates.

Precious gets no relief at home from her mother Mary (comic Mo'Nique, another revelation), a figure out of a Grand Guignol nightmare who treats her daughter as both slave and despised cur.

The picture painted by director Lee Daniels is almost unbearably bleak, but it feels completely honest. It's indeed relentless, but also transfixing and ultimately transformative.

Working with an Oscar-winning screenplay by fresh pen Geoffrey Fletcher, Daniels finds humanity within the suffering.

Peter Howell/for Metro Canada



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Higher ratings for Oscars 2010

Early reports indicate the battle between The Hurt Locker and Avatar at the Academy Awards helped ABC draw viewers. The Nielsen Co.'s overnight measurement gave the telecast a 26.5 rating. That's a 14 per cent increase over last year's telecast. THE ASSOCIATED PRESS

Entertainment in brief

PRESIDENT'S PRAISE Argentine President Cristina Fernandez is congratulating the director and actors of the The Secret in Their Eyes, a local film that won the Oscar for best foreign-language film. Fernandez called the film "a fantastic movie that I saw twice and that had a real impact on me." The movie portrays the activities of the Argentine Anti-communist Alliance. The film was directed by Juan Jose Campanella, who also directed the movie Son of the Bride, which was nominated for best foreign film in 2002. THE ASSOCIATED PRESS

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Sympathy for Jackie

Book compiles letters to widow after Kennedy killing

Among the 1.5 million condolence letters sent to President John F. Kennedy's widow after his assassination in 1963 were more than two dozen from Jane Dryden, a dogged and dramatic 11-year-old who churned out a letter a week for six months straight.

STEPHEN SPENCER/THE ASSOCIATED PRESS

University of New Hampshire professor Ellen Fitzpatrick holds her book Letters to Jackie: Condolences From A Grieving Nation.

"I know that you hate the whole state of Texas. I do to," she wrote to Jacqueline Kennedy from Austin in January 1964. "I wish I lived in Washington, D.C. where maybe I could maybe see you standing on your porch. I am determined to move there as soon as I can. I would feel safer there."

Given the overwhelming volume of mail — 800,000 letters in the first seven weeks alone — most of the condolence letters were destroyed. But at least one of Dryden's notes ended up among the 200,000 pages that were sent to the John F. Kennedy Library in Boston, where they sat largely ignored until historian Ellen Fitzpatrick decided to write Letters to Jackie: Condolences From a Grieving Nation.

The book, released last week by HarperCollins, includes more than 200 never-before published letters divided into three categories: vivid recollections of the day Kennedy was killed; letters that express views on society, politics and the presidency; and personal experiences of grief and loss.

Larry Toomey of Upper Darby, Pennsylvania, didn't even wait until Kennedy's death was announced before starting his letter.

"My dear Mrs. Kennedy, Even as I write this letter, my hand, my body is trembling at the terrible incident of this afternoon. I am watching the CBS-TV news report. No official word as yet."

Writing two days later, eighth-grader Mary South described learning that the president had been shot just as she sat down to play the church organ at her Catholic school in Santa Clara, California.

"I tried to tell myself he would be all right but somehow I knew he wouldn't. . . . the tears wouldn't stop. The slightly damp keys were hard to play but I offered it up that the President might live," she wrote.

In return for her letter, she received a small card printed with the words "Mrs. Kennedy is deeply appreciative of your sympathy and grateful for your thoughtfulness."

"Getting that back felt like: She saw this. Jackie saw this," South, whose married name is Mary Certa, said in a recent interview. "I felt good that I had done something. I just wanted her to know how upset we were and how helpless we felt."

THE ASSOCIATED PRESS

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Domingo has surgery for cancer

HEALTH Placido Domingo underwent surgery last week to remove a cancerous polyp from his colon and is expected to make a full recovery, his spokeswoman said yesterday.

The 69-year-old Spanish tenor had surgery last week at Mount Sinai Hospital in New York and was released Sunday, spokeswoman Nancy Seltzer said.

The malignancy was localized, and the operation was laparoscopic, a minimally invasive procedure in which a small incision is made in the abdomen, Seltzer said.

Doctors have ordered Domingo to rest for six weeks, Seltzer said in a statement.

It's anticipated that he'll return April 16 with a performance of Verdi's Simon Boccanegra at Milan's Teatro alla Scala, she said.

"His exact return to his performing engagements remains subject to how fast he can heal and regain his characteristic strength," she said.

Domingo will also continue as general director of the Los Angeles Opera and the Washington National Opera.

THE ASSOCIATED PRESS

Avatar director inspired by Star Wars

James Cameron was so impressed by Star Wars he quit his job as a trucker to become a director. The Avatar filmmaker admits the George Lucas sci-fi epic inspired him to do more with the movie images he had in his head than simply talk about them. FEMALEFIRST.CO.UK

Star power lights up Oscars bash

With his shaggy red hair, black leather jacket and skintight American flag-printed jeans, Olympic gold medallist Shaun White upstaged even Oscar winner Sandra Bullock at a pack of parties around town following the Academy Awards.

The snowboarder was one of a group of Olympic athletes who mingled with A-listers at the parties Sunday, sometimes eliciting "oohs" and "ahhs" from the movie stars themselves.

At Vanity Fair's bash at West Hollywood's Sunset Tower Hotel, a string of celebrities, including Lenny Kravitz and Jon Voight, sought out White. Even Olympic-winning speed skater Apolo Anton Ohno, who wore a sleek tux, looked happy to meet White.

Vanity Fair was steeped in a sea of nominees and winners. Vases of white, pink and yellow orchids decorated the room, along with bowls of red apples stenciled with "VF."

By the time Sandra Bullock showed up, gripping her best-actress Oscar statuette and mugging for photographers with her husband, Jesse James, the party was in full swing, and White and his crew had left for another bash.

Others attending the party included best-actress nominee Carey Mulligan, who giggled with friends in a corner. Oscar co-host Alec Baldwin joked with Sean Penn.

"Kelly (Osborne) dropped my jaw. She looks the most amazing of anyone I've seen."
Olympic figure skater Johnny Weir

Hilary Swank and Tim Robbins ate burgers from In-N-Out Burger that were served by waiters dressed in the chain's uniform.

And best-director nominee Quentin Tarantino, wearing a black knit cap, leather jacket and sneakers, made a beeline for the bar after arriving at 11:45 p.m.

Jennifer Lopez and her husband, Marc Anthony, made a grand entrance, accepting handshakes left and right.

Sean "Diddy" Combs laughed with Marlon and Shawn Wayans. Robert Downey Jr., wearing a blue bow tie and tinted glasses, talked with Natalie Portman. Zac Efron, Taylor Lautner and the Jonas Brothers yielded high-pitched shrieks from their high-voltage female fans gathered on the sidewalk outside the hotel.

"Great job tonight," said Julianne Moore, winking to Oscar co-host Steve Martin. Earlier, Moore and her A Single Man co-star Colin Firth, a best-actor nominee, held court on a patio outside.

Nearby, at Elton John's 18th-annual viewing dinner and after-party at the Pacific Design Center's tented courtyard, Kelly Osbourne stayed close to fashion-savvy figure skater Johnny Weir most of the night.

Saying he was "very small fry" when he attended John's party a few years ago, Weir marveled at his new status.

"Now I'm running with Kelly Osbourne, who's supportive of my skating. It's beautiful," said Weir, who had just met Osbourne at the party.

"Kelly dropped my jaw. She looks the most amazing of anyone I've seen."

Osbourne, who attended the party with her mother, Sharon Osbourne, wore a delicate, pale pink gown by local designer Sue Wong.

Guests including Betty White, Jamie Foxx, Josh Groban, Ricki Lake and John Waters dined on risotto, fish with black olives, New York steak with wine sauce, salad and milk chocolate bars slathered with chocolate glaze.

A Godiva chocolate bar was set up to serve rich dark and milk chocolate balls.

THE ASSOCIATED PRESS

GETTY IMAGES

Rocking a pair of skintight American flag pants, Olympic gold medallist Shaun White attends the Oscars Vanity Fair party.

'Cove' village defends its traditions

DOCUMENTARY The Japanese fishing village featured in The Cove, which won an Oscar for best documentary, defended its practice of hunting dolphins yesterday as part of a long tradition.

The movie, which mixes stunning underwater shots of gliding dolphins with covertly filmed grisly footage of their slaughter, also claims that dolphin meat is laden with toxic mercury.

Taiji, a quiet fishing village on the rocky coast of southwestern Japan, kills only a small fraction of the dolphins hunted by the country each year.

But it has long been a target of environmentalists and animal lovers because it uses a method called "oikomi," in which the dolphins are chased into shore, making the hunt more visible.

THE ASSOCIATED PRESS

Marie Osmond's son rembered at family funeral service in Utah

CELEBRITY Marie Osmond's 18-year-old son was remembered at a funeral service yesterday with fond words, laughter and music from his famous singing family.

Michael Bryan was memorialized by six of his seven siblings as a lighthearted person with a brilliant sense of humour who had a kind and generous heart.

"He was a man of his word. He wasn't a talker, he was a doer. He was reliable," Bryan's sister Rachel Blosil, 20, said, struggling to express herself through tears. "He knew my hopes, he knew my dreams, my secrets, things that nobody knows. He was my best friend."

Police in Los Angeles have said Bryan died Feb. 26 from an apparent suicide after jumping from the eighth floor of the Metropolitan apartment building. An official cause of death is pending the results of an autopsy and toxicology tests.

GETTY IMAGES

Several bouquets were placed by the L.A. apartment building where Marie Osmond's son took his life last month.

Police said Bryan left a note but have provided no details about its contents.

One of five children adopted by Osmond, Bryan previously used his adoptive father's last name, Blosil. Records from Utah's 4th District Court, however, show a judge had granted him a petition for a legal name change.

Osmond and Brian Blosil divorced in 2007 after two decades of marriage. Osmond also has three other children from marriages to Blosil and first husband, Stephen Craig, whom she divorced in 1985.

In 2007, Osmond said her son had entered a rehabilitation facility but the family did not disclose what he was being treated for.

THE ASSOCIATED PRESS

D'Angelo pleads not guilty

D'Angelo has pleaded not guilty in New York City to trying to pay $40 for sex with an undercover cop posing as a prostitute. Police said yesterday that the 36-year-old R&B singer was arrested while behind the wheel of his Range Rover. D'Angelo's plans to fight the charge. THE ASSOCIATED PRESS

Talley struts stuff on Top Model

Vogue editor-at-large Andre Leon Talley is the newest judge on America's Next Top Model.

Despite his big personality, outlandish outfits and high status in the fashion world, Vogue editor-at-large Andre Leon Talley says he used to be timid about appearing on camera.

That's why it took him seven years to agree to Tyra Banks's requests to be on America's Next Top Model.

"I was insecure. I didn't know anything about (reality) TV," says the style maven and newest judge on the CW reality series, which kicks off its 14th season tomorrow (in Canada, it airs on A channel).

"I'm insecure about many things. I have a glossy veneer but I'm like anybody else — I need approval."

A staple of the fashion scene for 25 years, Talley, 60, is often seen in the front row of marquee fashion shows sporting giant shades beside famed Vogue editor-in-chief Anna Wintour.

Industry watchers revere him for his Vogue articles and over-the-top ensembles, which often include big fur pieces and vibrant kaftans.

Celebrities hire him as their stylist and viewers of the recently released fashion documentary The September Issue will recognize him as the writer who got all glammed up for a tennis match and declared there was "a famine of beauty" in the U.S.

"I'm insecure about many things. I have a glossy veneer but I'm like anybody else — I need approval." Andrew Leon Talley

Banks, an executive producer and host of Top Model, first asked Talley to be on the show for its debut season in 2003, but he turned her down.

He signed on for this season and the next because he's now "older and wiser," he says.

"I've had so much experience under the bridge. I feel confident. Eight years ago, I didn't have the confidence I have now."

Plus, he's "seen the phenomenon of Tyra on television with her talk show and with America's Next Top Model and she made it so attractive for me to come and join her," Talley adds.

That doesn't mean he's watched Top Model — he says he hasn't. But he has seen Banks's daytime talk show "many times ... The talk show told me, if she does this on her talk show, then America's Next Top Model has to be great too."

Talley takes over the judging slot left vacant by runway coach J. Alexander, who remains on the show as a mentor to the hopefuls.

The veteran fashionista says working with Banks, a former supermodel, has made him nostalgic for her catwalk era in the '90s.

"Fashion was life when Tyra was modeling. It no longer is," says Talley. "It was an amazing time of hard work but it was a smaller world and it was so different. I think we had time to sit back and smell the roses. Relationships were created that could go over a period of time."

THE CANADIAN PRESS

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Wayne gets year in jail

Rapper sentenced for carrying loaded gun on tour bus

Lil Wayne was sentenced yesterday to a year in jail in New York City for having a loaded gun on his tour bus in 2007, then was taken away in handcuffs to begin his term immediately.

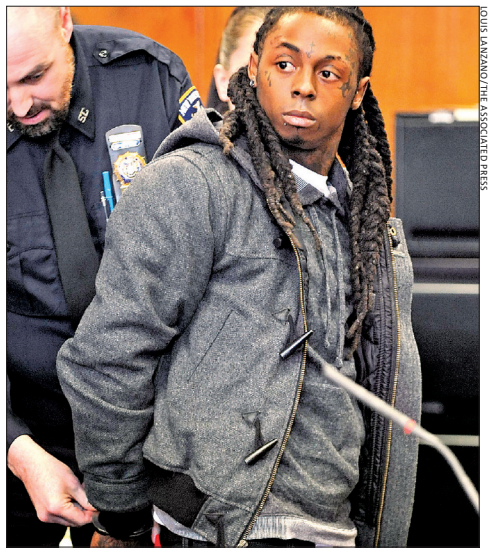
The Grammy Award-winning rapper, born Dwayne Carter, was sentenced in Manhattan after pleading guilty in October to attempted criminal possession of a weapon. He admitted having the loaded .40-calibre semiautomatic gun on his tour bus.

The rapper will serve his sentence in city jails, not a state prison. He could be released in about eight months with good behaviour.

Before yesterday's court appearance, it had proved difficult to actually begin Lil Wayne's agreed-upon sentence.

First, the rap star's sentencing was postponed in February so he could undergo surgery on his bejewelled teeth. Then, a fire shut down Manhattan's main criminal courthouse while he was on his way there last week.

Lil Wayne has been one of music's most prolific and profitable figures in recent years. His Tha Carter III was the best-selling album of 2008. His latest album, Rebirth, was released last month.



LOUIS LANZANO/THE ASSOCIATED PRESS

Rapper Lil Wayne is handcuffed at Manhattan criminal court yesterday in New York, after being sentenced to a year in jail.

Facing jail with his career in full throttle, Lil Wayne has prepared with a burst of work and farewell shows and videos for fans. He said in a video clip sent last week to MTV News that he shot footage for seven music videos with various artists in one night over the weekend.

He told Rolling Stone for a story last month that he planned to keep working while behind bars.

"I'll be still rapping in there, have a gang of raps ready when I come back home," he said.

With good behaviour, he could be released in about eight months.

City jail officials haven't said where the multiplatinum-selling artist will be housed among their roughly 13,000 inmates. His lawyer has said she plans to ask for protective custody out of concern for his safety and health following his extended oral surgeries.

THE ASSOCIATED PRESS

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"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."
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Galifianakis' secret shave revealed

SNL While hosting Saturday Night Live, Zach Galifianakis covertly shaved his trademark beard.

The 40-year-old comedian slipped backstage while the show's musical guest, Vampire Weekend, performed. When Galifianakis emerged for the next sketch, his shaggy, reddish beard was gone, with a moustache in its place.

When Galifianakis returned to wave farewell at the end of the show, he'd changed yet again, donning a fake beard much like his original.

NBC posted a web-only video on NBC.com and Hulu.com of Galifianakis rushing backstage and quickly shaving.

THE ASSOCIATED PRESS

In brief

APPEARANCE Betty White fans, your prayers have been answered. The former Golden Girl will appear on Saturday Night Live in the near future, she confirmed to people.com. Fans have been clamoring for White, 88, to do SNL ever since her comic turn in a Snickers ad during the Super Bowl.

METRO NEWS SERVICES

To	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/9/10 primetime	265	353	2	TVO	Blue Realm		The Agenda With Steve Paikin		Father & Son (Part 2 of 4) (N)		The Cosmos	The Cosmos	Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Double Identity"		NCIS: Los Angeles (N)		The Good Wife "Fleas"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy Fest	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		The Biggest Loser The contestants work at a food bank.				Parenthood (HDTV) (N)		News
	212	313	8	CTV	etalk	Access H.	American Idol		Lost "Dr. Linus" (N)		Law & Order: Special Victims		CTV News
	218	345	11	CHCH	*Boys and Girls* ★ (2000, Romance-Comedy), Claire Forlani				*Bowfinger* ★★★ (1999, Comedy) Steve Martin, Eddie Murphy.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	Funniest Pets	Funniest Pets	To Serve and Protect		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Double Identity"		NCIS: Los Angeles (N)		The Good Wife "Fleas"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser The contestants work at a food bank.				Parenthood (HDTV) (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Lost "Sundown" (HDTV)		Lost "Dr. Linus" (N)		the forgotten (N)		News
	219	346	20	ACH-B	Degrassi	TMZ (N)	Lost "Sundown" (HDTV)		The Middle (N)	Old Christine	Robson Arms	Robson Arms	A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol		Glee "Sectionals"		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	John Gray: Venus on Fire, Mars on Ice			Taking Control-Diabetes w/ Dr Neal Barnard			Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Melrose Place "Oriole"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Cruise Inc.: Big Money		SI Swimsuit Issue		Biography on CNBC "Sears"		Mad Money
sports	405	417	22	net	NHL Hockey Boston Bruins at Toronto Maple Leafs. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
	400	400	30	TSN	(6:30) Curling 2010 Tim Hortons Brier, Draw 11. (HDTV) From Halifax. (Live)					SportsCentre		NBA Basketball	
	411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time
family	551	542	25	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	Gossip Girl (HDTV) (N)		Degrassi: Next	Degrassi: Next	Muchmusic Countdown			Paul Telner	UR11
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds "In Heat"		Criminal Minds		CSI: Miami (HDTV)		CSI: Miami
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	Gene Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	CMT Star
	616	521	39	SHO	Relic Hunter		*Devil's Diary* (2007, Suspense) Alexz Johnson.				Drop Dead Diva (HDTV)		NCIS
	620	523	40	BVO	Buffy St. Marie		At the Concert Hall		Kaeshammer	Side-Dick Dale	Cowboy Junkies: Trinity		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*King's Ransom*
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Waist Deep* ★ (2006, Action) Tyrese Gibson, Larenz Tate.				Michael Vick	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Masters of Science Fiction		InnerSpace (N)
	581	566	52	MTV	Peak Season	Cribs	Cribs	Parent Control	16 and Pregnant		16 and Pregnant (N)		My Life as Liz
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Hell's Kitchen		Good Eats	Good Eats	Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	Quantum Leap		Unscripted (N)	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "Cargo"		Missing "Deep Cover"		The Closer "Round File"		Cold Case "Cargo"		Psychic Inv.
	300	601	301	M1	(7:10) *Ties That Bind* (2009, Suspense)				*Wanted* ★★★ (2008, Action) James McAvoy.				*RocknRolla*
	305	612	306	PIX	(6:50) *For the Moment* ★★ (1993, Romance)				*Saved!* ★★ (2004, Comedy-Drama)			(10:40) *Rub & Tug*	
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Loggers (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Sexiest Body Parts		FashionTele	RAW	FT Found Footage		*Lagerfeld Confidential* (2007)		

critics' corner

Saved!
In this 2004 comedy-drama Jena Malone plays a Baptist teen who sleeps with her boyfriend in an effort to "cure" his homosexuality. It doesn't work, but she does get pregnant and is shunned by her holier-than-thou classmates. The pregnant girl is Mary, and the chief villain is a snooty classmate named Hilary Faye. 9 PM on PIX

The Biggest Loser
The blue and black teams compete in a challenge that tests their strength as each pulls a truck, then puts together a puzzle with crates. Later, the contestants must work eight-hour shifts at a food bank and make time for workouts. 8 PM on NBC CITY

NCIS: Los Angeles
Callen and the NCIS team must delve into the world of underground street racing when a sailor competing in one of these races is killed. They soon discover that not only had his car been sabotaged, but it contained confidential Navy equipment in the new episode "Full Throttle." 9 PM on GTV CBS

Movie trivia: He prepared for Law Abiding Citizen by sitting in rush hour traffic
Gerald Butler reportedly got so infuriated with Victoria Beckham causing a hold-up on the Academy Awards red carpet he ignored waiting photographers and headed straight into the event, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

ROB THOMAS is committed to keeping his fans updated, **MINDY KALING** develops a new crush, **PETE WENTZ** is only making his son uncomfortable today (so far), and **LILY ALLEN**'s retirement plans do not involve rhetorical coherence.

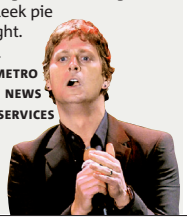
@ThisIsRobThomas working out. going down to the studio for a while and then i'm going to buy a new i-book. if you care.

@mindykaling Oh, Sam Worthington, your glasses make me think you're imperfect and therefore accessible.

@petewentz the baby does not recognize me beardless or at least he's suspicious.

@lilyroseallen Now that I've retired in gonna try and get on "come dine with me" I'm making chicken tarragon and leek pie tonight. Yum.

METRO NEWS SERVICES



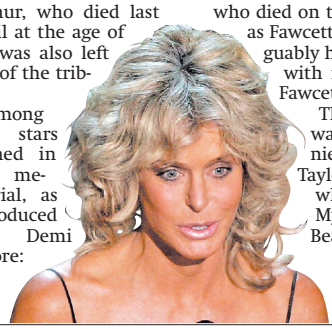
Farrah snubbed by Academy?

THE ANGELS – AND BEASUS CHRIST – ARE NOT IMPRESSED Farrah Fawcett was left out of the Oscar tribute to those in the film industry who died last year, usmagazine.com reports.

While the actress — who passed away in June at age 62 after battling cancer — was mostly known for her TV role in Charlie's Angels. But she did appear in multiple movies, including The Cannonball Run, Extremities and The Apostle.

Twittered Star Jones, "FYI...Farrah had a very diverse career...that included Broadway, TV & Film. She even received a Golden Globe nom."

Golden Girls' star Bea Arthur, who died last April at the age of 86, was also left out of the tribute.



Among the stars named in the memorial, as introduced by Demi Moore: Patrick Swayze, Ed McMahon and Brittany Murphy.

Also included in the tribute was Michael Jackson, who died on the same day as Fawcett and who arguably had less to do with movies than Fawcett.

The tribute was accompanied by James Taylor on guitar who sang In My Life by the Beatles.

METRO WORLD NEWS

Theron's dress shredded by online fashion police

THE LOOK: FLORAL FEMBOT Charlize Theron wasn't so chic at Sunday's Academy Awards ... according to fashion critics, usmagazine.com reports. Bloggers ripped on her amethyst and lilac bustier gown with rose and draped detail, created specially for her by John Galliano for Dior.

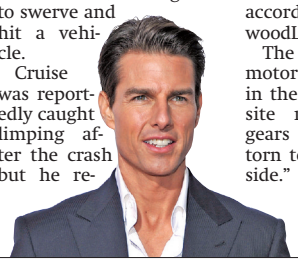
"Almost every year somebody wears something off-the-wall crazy to the Oscars, and this year the unfortunate honour goes to Charlize Theron," sniped Eonline. "Yep, those are her lady lumps wrapped in lilac rosettes, courtesy of Dior Haute Couture. This one's going down in the history books along with the swan dresses and pirate costumes."

METRO WORLD NEWS

Cruise loses control of motorbike

THE ONLY MISSION: IMPOSSIBLE HERE IS TOM'S COOLNESS Tom Cruise narrowly avoided serious injury after crashing his motorcycle in Los Angeles on Sunday, according to femalefirst.co.uk.

The Mission: Impossible star was riding through the city on his motorbike when another car drove through a stop sign in front of him, forcing him to swerve and hit a vehicle.



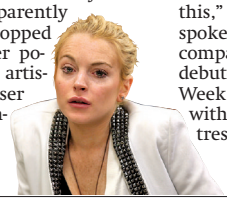
Cruise was reportedly caught limping after the crash but he refused to go to the hospital, according to HollywoodLife.com.

The actor's red Ducati motorcycle was mangled in the crash and the website reports the bike's gears were "completely torn to shreds on the left side."

METRO NEWS SERVICES

Lindsay relieved of Ungaro fashion duties

ORANGE SKIN AND VACANT, STRUNG OUT EXPRESSION? *SO LAST SEASON* Lindsay Lohan has apparently been dropped from her position as artistic adviser for fashion house Ungaro, according to Women's Wear Daily.



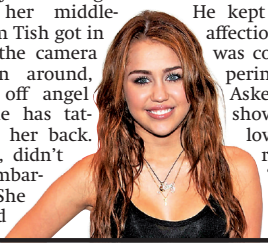
"She's not involved in this," a company spokesperson said as the company's Fall 2010 line debuted at Paris Fashion Week over the weekend with the high-profile actress nowhere in sight.

METRO WORLD NEWS

Miley a 'class act' at Oscars

AND JUST IN CASE THE QUOTATION MARKS WERE TOO SUBTLE, THAT HEADLINE CONVEYS EVERY FIBER OF SARCASM IN MY BEING Miley Cyrus had plenty of people talking at Sunday's Academy Awards, people.com reports. On E!'s pre-show, she kept slouching in her champagne-coloured silk and tulle Jenny Packham gown.

Then, her middle-aged mom Tish got in front of the camera and spun around, showing off angel wings she has tattooed on her back. Miley, 17, didn't seem embarrassed. She even told host Ryan Seacrest her mom "has nice choices in tattoos."



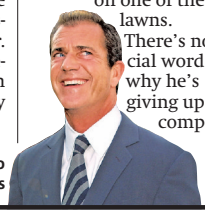
Cyrus later ditched her mom at Elton John's post-Oscar bash, where she snuggled with boyfriend (and Last Song costar) Liam Hemsworth.

At the bash, they packed on the PDA — when she wasn't furiously texting. He kept touching her affectionately and she was constantly whispering in his ear. Asked on E!'s preshow if she's in love, Miley coyly replied, "Maybe."

METRO WORLD NEWS

Gibson home going for a song

HE NEEDS A BIGGER PROPERTY TO ADEQUATELY HOUSE HIS DELUSIONS Mel Gibson has put his nine-bedroom, 8.5-bathroom Malibu home on the market for a mere $14.5 million US, according to TMZ. The massive hacienda-style property also boasts tennis courts, indoor and outdoor dining areas and a giant chess set on one of the lawns.

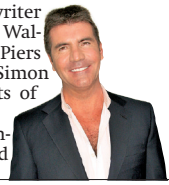


There's no official word on why he's giving up the compound.

METRO WORLD NEWS

Duelling wedding bells for Cowell and Piers?

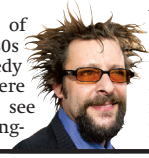
'I NOW PRONOUNCE YOU EGO AND WIFE' Simon Cowell and pal Piers Morgan maybe facing off against each other this summer as they both plan weddings that threaten to conflict with each other, according to the Daily Mail. Cowell has proposed to girlfriend Mezhgan Hussainy, while Morgan is set to wed writer Celia Waldon. "Piers and Simon have lots of friends in common and want to make sure their dates don't coincide because they both want to be at each other's wedding," a source says. "It's turned into a bit of a joke between them over who's going to send out save-the-date cards first."



METRO WORLD NEWS

Twitter abuzz over Nelson appearance

HEAR THAT? IT'S THE SOUND OF YOUR BREAKFAST CLUB FANTASY DYING Who stole the show during the touching tribute to late director John Hughes at Sunday's Academy Awards? Judd Nelson, 50, usmagazine.com reports.



Fans of Hughes' '80s teen comedy classics were thrilled to see Molly Ringwald, Matthew Broderick, Anthony Michael Hall and Jon Cryer reunite to remember Hughes. But Nelson's shocking appearance inspired hundreds to instantly Tweet their surprise.

METRO WORLD NEWS

The Weather Network
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Today Mainly sunny 10° / 0°
Wednesday Variable 9° / 3°
Thursday Variable 8° / 5°

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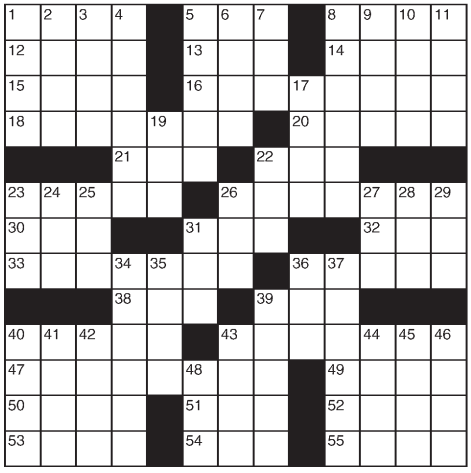
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	2	1		5			3
		9	6	2	3			
	4		7					
		7				3	1	2
1	5	4				6		
					7		6	
			2	6	8	1		
4			9		1	8	2	

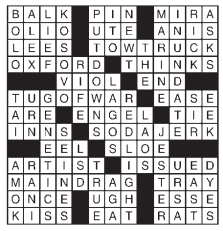
ACROSS

1 Laurel or Musial
5 Spring month
8 Rolling stone's lack
12 Novice
13 Id counterpart
14 Killer whale
15 Related (to)
16 World War I infantryman
18 Warning signal
20 Sail supports
21 Have a bug
22 NASA deviation
23 Cheer up
26 Fool
30 Bill's co-adventurer
31 Toast topper
32 Ultra-modernist
33 Reliable source of income
36 Birth-related
38 A billion years
39 Triumphed
40 Pound fraction
43 Glossy coating
47 "Is it bigger than a —?"
49 Neighborhood
50 Brewer's oven
51 Hearty quaff
52 Oodles
53 Otherwise
54 Chaps
55 Break suddenly

DOWN

1 Luminary
2 Youngster
3 Desert-like
4 Low-calorie, maybe
5 Hero's award
6 Very enthusiastic
7 Thee
8 Hudson River feeder
9 Spheres
10 Highlander
11 Emulates Simon?
17 2008 TARP recipient
19 Big fib
22 Thanksgiving veggie
23 "Yada, yada, yada" (Abbr.)
24 Meadow
25 Billboards
26 Mandible
27 Pismire
28 Vast expanse
29 Scale member
31 Stewart or Voight
34 Underworld goddess
35 Unisex, as dorms
36 Neither mate
37 Chronicles
39 Lustrously smooth
40 Reed instrument
41 Europe/Asia border river
42 Capone foe
43 Field mouse
44 Press
45 — good example
46 Padlock holder
48 Emeril's outcry

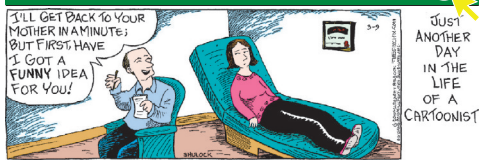
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



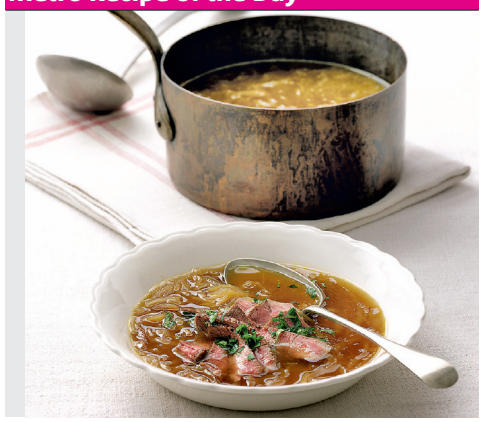
4	3	6	7	5	8	9	1	2
7	5	9	1	2	3	6	8	4
8	2	1	9	6	4	3	7	5
5	6	2	3	8	1	7	4	9
9	8	3	4	7	6	2	5	1
1	4	7	5	9	2	8	3	6
2	7	5	8	4	9	1	6	3
6	1	4	2	3	7	5	9	8
3	9	8	6	1	5	4	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Caramelized Onion and Ale Soup with Beef Ribbons

INGREDIENTS:

2 tbsp butter
2 tbsp olive oil
500 g onions, thinly sliced
2 tsp white sugar
300 g tenderloin steak, cut into 3/4-in thick slices
1 garlic clove, crushed
1 cup brown ale
1 bay leaf
3 cups beef stock
2 tbsp chopped fresh parsley

METHOD:

1. In large, heavy-based pot, heat butter and 1 1/2 tbsp oil, then stir in onions and sugar. Cover pot with lid and cook, stirring occasionally, over medium heat, 10 minutes. Remove lid, turn up heat and cook, stirring frequently, until onions are softened and golden brown.
2. Meanwhile, heat frying pan until very hot. Brush steak slices with remaining oil and season lightly. Fry about 3 minutes per side, turning once, until golden brown but still pink inside. Remove from heat and cover with sheet of foil.
3. Add garlic, ale and bay leaf to onions. Bring to boil, then simmer, uncovered, 5 minutes. Add stock, season, then return to boil.
4. Slice steak pieces into thin ribbon strips, adding juices to soup. Discard bay leaf. Ladle soup into wide bowls and place meat strips in centre of each. Sprinkle with parsley and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will find yourself in a minority of one today, but it won't worry you a bit. The facts will end up proving that you are right.

TAURUS ♉
APRIL 21-MAY 21
It would appear that you have been through your current situation many times before, so you should know what it is you have to do.

GEMINI ♊
MAY 22-JUNE 21
Anything that ties you down to a set routine must be avoided. Mars in Leo is a restless influence, so there is no point trying to stay in one place.

CANCER ♋
JUNE 22-JULY 22
Most likely you will find yourself in the middle of some sort of conflict today and tomorrow. Stay calm and use logic to make your point.

LEO ♌
JULY 23-AUG 23
This is one of the most important times of the year for you as Mars is about to move in your favor again. Don't get carried away.

VIRGO ♍
AUG 24-SEPT 22
You may be tempted to hit back at those who are giving you a hard time but why run the risk of alienating people whose help you may need?

LIBRA ♎
SEPT 23-OCT 23
You will have to defend your beliefs against someone who thinks they know better than you. It should not be too hard to prove them wrong.

SCORPIO ♏
OCT 24-NOV 22
You cannot convince others to see things your way — the more you try the more they will delight in taking the opposing view.

SAGITTARIUS ♐
NOV 23-DEC 21
You will have a great deal of fun today but, for some reason, you will feel guilty about it. Maybe it's because you don't think you deserve it. Rubbish!

CAPRICORN ♑
DEC 22-JAN 20
Certain emotions may be difficult to deal with, but you will have to face up to what is causing you grief. Put your family first. It's your foundation.

AQUARIUS ♒
JAN 21-FEB 18
Opposites attract and someone who is as different to you as it is possible to get will have a major impact on your life. The challenge will inspire you.

PISCES ♓
FEB 19-MARCH 20
Stick to routine ways of doing things, even if some people criticize you for being old-fashioned. Only ever act in ways that feel right to you.

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Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
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1 wk.
$619
+Taxes & other fees (including service charges): $306
Please add $50 for Sat. departures

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Mar. 15 – 21 • 1 wk.
$839
+Taxes & other fees (including service charges): $306

CUBA

Santa Clara

Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Mar. 18, 20 & 25 • 1 wk.
$699
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. departures

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Mar. 19 – 26 • 1 wk.
$689
+Taxes & other fees (including service charges): $222
Please add $50 for Mon. & Fri. departures
Please add $100 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

ST. MARTIN/ST. MAARTEN

Hotel Beach Plaza • 3 1/2★
Breakfast
Luxe island view rm.
Mar. 20 & 27 • 1 wk.
$699
+Taxes & other fees (including service charges): $227

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Mar. 22, 23 & 28 – 30 • 1 wk.
$979
+Taxes & other fees (including service charges): $276
Please add $50 for Sun. departures

TURKS & CAICOS

Comfort Suites • 2 1/2★
Continental breakfast
Junior suite - Run of the house
Mar. 27, 28 & 31 • 1 wk.
$1019
+Taxes & other fees (including service charges): $229

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
Mar. 18 & 25 • 1 wk.
$1249
+Taxes & other fees (including service charges): $276
Departure tax: 26 USD cash, paid locally

ANTIGUA

The Verandah Resort & Spa • 4★
All-Inclusive • Hillside suite
Mar. 27 & 28 • 1 wk.
$1419
+Taxes & other fees (including service charges): $232

DEAL to EUROPE

Rome
Center 1,2,3 • 3★
Breakfast • Double rm.
Apr. 8 & 20 • 1 wk.
Complimentary Hop-on / Hop-off tour of Rome
$999
+Taxes & other fees (including service charges): $293

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Interior stateroom, cat. KK
Aug. 29 & Sept. 5 • 1 wk.
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PRIVILEGES
$1199
+Taxes & other fees (including service charges): $315

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Dreams Puerto Vallarta Resort & Spa • 4 1/2★
Unlimited-Luxury®
Deluxe oceanview rm.
Apr. 1 – 4 • 1 wk.
PRIVILEGES
$1369
+Taxes & other fees (including service charges): $274

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